Origin Veterinaria: Ancient History of Veterinary Medicine

UNIVERSITY OF NORTH CAROLINA CHARLOTTE

FANGInstitute
Most Advanced Veterinary Education on Earth

Author: Dr. Scott Pless, DVM - Vet XPS Founder & CEO, FANG Foundation Founder & President

LEGAL DISCLAIMER:

THIS BOOK IS NOT INTENDED TO BE USED AS MEDICAL ADVICE OR DIRECTION. This book is not a review of the efficacy, effectiveness, safety, or toxicology of any therapy or tracking methods and their variants. Many therapies and supplements within this book pose a serious health risk to both animal and human safety and wellbeing. Do not attempt any therapies or supplementation contained within this book without first consulting your veterinarian and human health doctor about the possible side effects, efficacy, and legality. I do not condone directed violence, harassment, vandalism, dishonesty, or any harmful action to be taken towards people, animals, institutions, professions, organizations, or anyone as a result of reading this book. I do not condone the unethical practice of veterinary medicine. I do not condone any practice of veterinary medicine which conflicts with the AVMA standards and ethics for veterinarians, veterinary staff, or animal owners. I do not condone violence, sexism, or racism of any kind. I do not condone any illegal activity, illegal harvesting, illegal sale, or illegal practice of medicine. If you are struggling with your mental state please consult a licensed therapist before reading this book as it contains sensitive topics. I do not condone witchcraft and pagan ritual magick, blood magick, necromancy, sacrifice, dark magick, curses, hexing, hoodoo, voodoo, or any magical items being used or practiced in any form. Do not use any of the therapies listed in this book as an alternative to seeing a licensed veterinarian or licensed medical doctor. I do not condone the use of radioactive elements without the direct oversight of a licensed doctor. I do not condone animal cruelty or poaching. This book is a compilation of methods founded in science and not founded in science with the goal to help the animal. I do not certify, nor do I recommend any of the therapies or supplements written in this book to be effective or ineffective in the ways described. It is not an in depth analysis of how each therapy should be done for certain diseases. I do not condone any unsanctioned experimentation of any kind. Each new and old method in this book will require in depth analysis and research to determine efficacy, safety, and toxicity. All substances and therapies within this book have the potential or certain risk for acute or chronic mild or fatal adverse effects to not only occur in regard to the animal, but also the client/bystanders and/or veterinary staff safety and health. Use caution, companies may sell unpurified or contaminated substances. I have not evaluated the toxicity or drug interactions of any therapies or substances written about in this book. I am not liable for any animal/human harm, illness, distress, permanent damage, or death that may occur from the use of or proximity to any of the therapies, supplements, or materials written about in this book. **DO NOT PRACTICE VETERINARY MEDICINE WITHOUT A VALID DOCTOR OF VETERINARY MEDICINE LICENSE. DO NOT HURT OR ABUSE ANIMALS.** Follow all CDC, USDA, AVMA, and FDA guidelines and look for updated information with the appropriate governing ethical and legislative body when researching any supplement, therapy, or topic of interest; these organizations are of the most reputable caliber and should be trusted and used frequently. During or prior to the time of writing this book, Scott Pless has never been sponsored in any way, nor received any therapy products, services, equipment, or training for free, at a special discounted rate, or been paid by any such therapy company, organization, institutions, persons, or governing body, who may benefit from being included in this book. Therapies and substances included in this book may be allergens or contribute to allergy. As time goes on, new information about veterinary practices accepted and widely used today may show unforeseen consequences to therapies, medicines, or supplements discussed in this book. Do not solely rely upon religion to solve you or your animals' diseases and/or medical problems. Medicine backed by peer-reviewed scientific sources that perform and thoroughly document research without conflict of interest are the most reliable sources of medical information. This book includes material not supported by peer-reviewed scientific sources. After reading this book, look for these reputable peer-reviewed sources for reliable information on medicine, treatments, therapies, and supplements. This book contains a large amount of reported information which is likely false. I do not certify anything in this book to be true. Do not blindly trust something you read in this book. This book is to serve as a compilation of ideas, not medical information. Please speak to a veterinarian if you are interested in any therapy, supplement, or medicine of any type. Never do anything to your animal which you have not talked to your veterinarian about and gotten their express permission to do. Everything in this world is toxic to animals with a certain dose. Dr. Scott Pless is Founder & CEO of Vet XPS and is not currently a licensed practicing veterinarian. Be very cautious and skeptical about everything you read in this book and in life to protect your animal, yourself, and others. This book is not intended to defame any person, professional, company, or institution, as it is a recollection of past experiences I have had and I do not swear to any facts or recollections of the past to be accurate or precise in any way included in this book. This book is an exercise of freedom of speech with the goal of helping animal owners, students, and veterinary professionals in a time of misinformation. This book is the property and product of Scott Pless and is not the property of any other corporation, persons, organization, institution, or governing body. I exercise my freedom of speech as a natural-born citizen of the United States of America to write this book. As the author of this book, I claim it as my intellectual property and neither it, nor myself, represent any company, person, organization, institution, governing body in the past, present, and future as it pertains to the contents of this book. This book contains content in the form of text and graphical images generated by artificial intelligence. Dr. Scott Pless, Vet XPS, FANG Foundation, and it's brands do not conduct nor condone unsanctioned research to be done of any kind

This book was created for educational purposes only, under the FANG Foundation education division. Reproduction of this book or any of its contents without the express permission of FANG Foundation is prohibited. Educational Fair Use is claimed for several materials.

This book covers disturbing content, discussions, and imagery. Viewer discretion is advised.

Charlotte, North Carolina

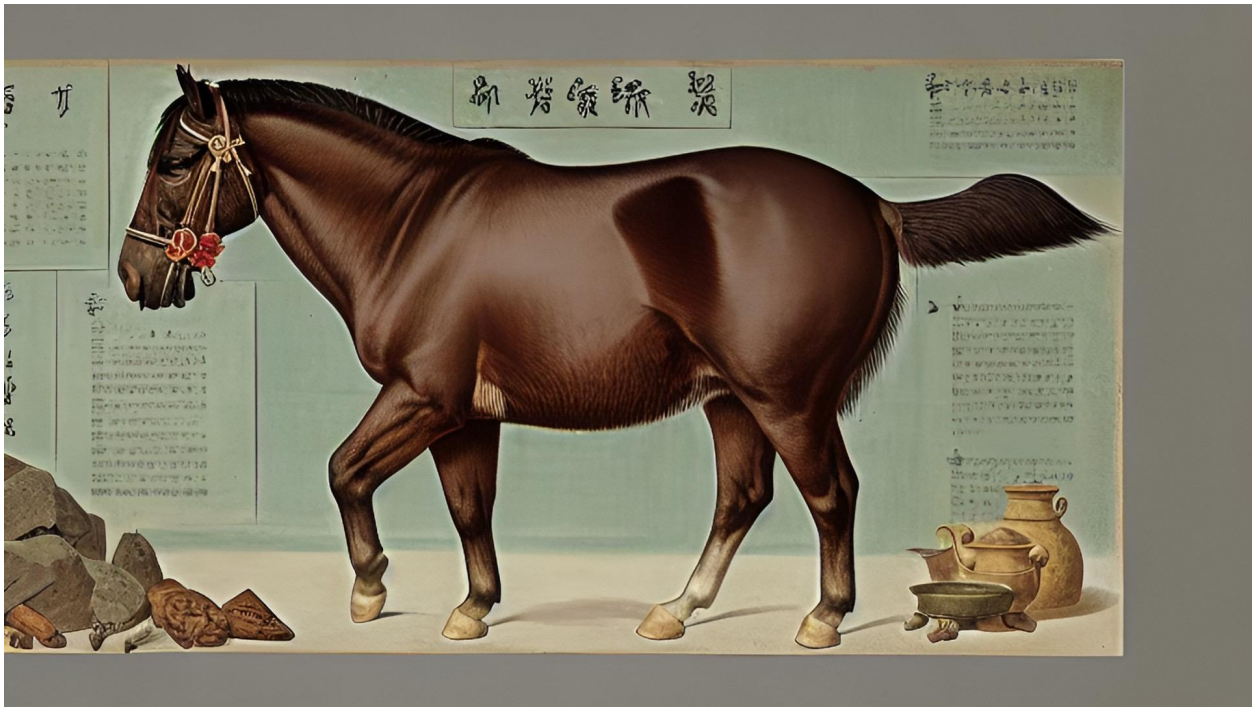
© 2023 FANG Foundation

All Rights Reserved

This book was produced in collaboration with Vet XPS inc. (UNCC Business Partner), UNCC internship students, as well as FANG Foundation 501c3 Non-Profit

Far I have traveled to collect this archive of knowledge. On my journey, I have realized the tragedy of information lost long ago. Do not fear, Guardian of Truth. Defend your solemn oath; safeguard our most precious resource from the chaos of the present day, so it may survive and grow for one million more. On this day, your preservation of each sapling may yield the boundless forests of tomorrow. Bully to you.

Modern civilization provides many modes of transportation, for example, cars, planes, trains, boats, and rockets. Such innovations have replaced the need for walking vast distances and manual labor. In our society, even disabled individuals can lead productive lives with the advancement of the internet and mechanized limbs & aides. We plan to colonize the moon and mars, and yet, arthritis is perhaps more prevalent than ever in our population. In ancient times, work and travel was left to bone and muscle as the primary source of progress, rather than oil and steel. Those nomadic hunter-gatherers left behind a trove of ancient remedies once practiced by shaman and witch doctors of antiquity. One ailment kept eluding cure from all of those old medicinal concoctions; arthritis. In that ancient world, joints of flesh and bone were pushed to their limits as slave labor and hard work were the primary drivers of construction and societal progress. This burden primarily fell upon condemned groups and the peasantry; nothing but an expendable resource of muscle. These were the first great thinkers to experiment for a cure or relief of their pain, just to continue the torment and struggle they called life beneath their overlord's reign. Failure of their joints or unbearable pain meant torture and death for the insignificant man. Their overlords could afford the use of oxen, horses, elephants, and other animal husbandry to lessen the demand on their own joints. Thus, deferring the burden to their disposable livestock in much the same way we currently defer work to our modern modes of transportation. These ancient livestock developed arthritis, just as man did. One can only imagine how pestilent and horrid arthritis must have been in those times, given the arthritic struggle of this modern era.

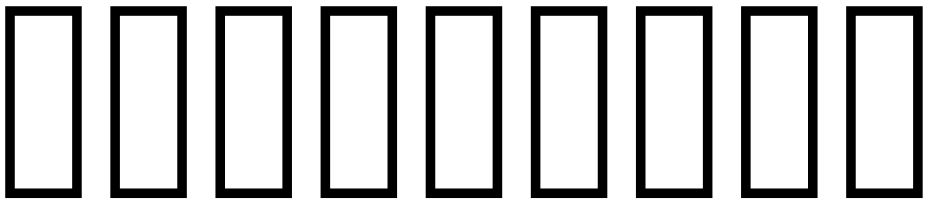


Look to the forerunners, do not let their genius fade. The House of Medicine swells with the enemies of progress. Those who treat others for their own ends are doomed to become a stain on the retrospect of history. Keep true to the quest of the patient and you will flourish.

Too long. Too long I have sat by while the name of herbology and botanics are desecrated by the Elders of the House of Medicine. Have they no idea of their own heritage? The medicinal books of old left to dust and decay. They seek to discredit all those who think beyond the pills they are fed by their pharmaceutical corporations. What sort of insane unorthodox professional would dare speak of such medicine outside the opaque capsule of today's strict definition of pharmacology?

Aye. Most periods of history would have me burned at the stake for witchcraft. But, this is no magic, this is science. Undiscovered medicines exist in our world today. Whether it be in the melting permafrost, beneath the oceans' depths, some alien fungus beyond our horizon, or within whatever is left of the burning rainforests. It is our duty to the patient and the future of medicine itself to search for that next great breakthrough. Never shall we accept what is available today as sufficient enough for tomorrow. Medicine does not end with you. You hold the power to change this industry forever. The world is waiting for you. Let us begin.

"All things are poisons and nothing is without poison, only the dose permits something not to be poisonous."
- Paracelsus, Father of Toxicology (1493-1541)



Egyptian Hieroglyphic Translation: "Arthritis"

Key Terms

1. **Ancient**: Covering timespan of about 5,000 BC - 750 AD.

2. **Toxic**: While everything can be harmful in high enough concentrations, substances with the marker toxic range from vomit and diarrhea to organ failure and death.

3. **Medicine**: Defined as the science or practice of the diagnosis, treatment, and prevention of disease. To provide treatment without diagnosis, baseline and ongoing parameters, or a treatment plan is not medicine.

4. **Gout**: A form of arthritis with uric acid crystal deposits in joints.

5. **Arthritis**: Painful inflammation and stiffness of the joint that involves only soft tissue.

6. **Rheumatoid Arthritis**: A form of arthritis caused by the immune system.

7. **Osteoarthritis**: Painful inflammation and stiffness of the joint that involves bone and soft tissue.

8. **Inflammation**: Response to injury or infection resulting in redness, swelling, hotness, and possibly pain.

9. **Immortality**: While everything can be harmful in high enough concentrations, substances with the marker toxic range from vomit and diarrhea to organ failure and death.

Ancient Elixirs of Life:

i. **Adrenochrome**: originated from 12th century English culture; claimed to give eternal life.
ii. **Ajwain** (*Trachyspermum ammi*): originated from ancient Indian culture; reported to potentially help inflammation, pain, and arthritis.
iii. **Alfalfa** (*Medicago sativa*): originated from ancient Chinese culture, Native American culture, ancient Persian culture, and ancient Greek culture; reported to potentially help arthritis.
iv. **Allspice** (*Pimenta dioica*): originated from Caribbean culture; reported to potentially help pain, and arthritis.
v. **Aloe** (*Aloe vera*): originated from ancient Egyptian culture, ancient Aztec culture, and ancient Chinese culture; reported to potentially help obesity, arthritis, and give immortality.
vi. **Amanita Mushroom** (Fly Agaric, Amanita muscaria): originated from ancient Indian culture; reported to potentially help arthritis, inflammation, strength problems, anxiety, and pain.
vii. **Ama Pachana Gulika** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and pain.
    i. Mixture:
        i. Ginger (*Zingiber officinale*)
        ii. Cumin (*Cuminum cyminum*)
        iii. Fennel (*Foeniculum vulgare*)
        iv. Black Peppercorn (*Piper nigrum*)
        v. Mint (*Mentha spp.*)
viii. **American Ginseng** (*Panax quinquefolius*): originated from Native American culture; reported to potentially help anxiety, and inflammation.
ix. **Amruthotharam Decoction** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, pain, and joint problems.
    i. Mixture:
        i. Haritaki (*Terminalia chebula*)
        ii. Guduchi (*Tinospora cordifolia*)
        iii. Sonth (*Zingiber officinale*)
x. **Amur Cork Tree Bark** (*Phellodendron amurense*): originated from ancient Chinese culture; reported to potentially help pain.
xi. **Wolf's Bane** (Leopard's Bane, *Arnica montana*): originated from ancient Chinese culture and Native American culture; reported to potentially help pain and inflammation.
xii. **Ashwagandha** (*Withania somnifera*): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and anxiety.
xiii. **Axin** (Insect Secretion): originated from ancient Aztec culture; reported to potentially help gout, pain, and arthritis.
xiv. **Bajiaolian** (*Dysosma pleianthum*): originated from ancient Chinese culture; reported to potentially help arthritis, inflammation, and weakness.

xv. **Bed Bugs** (*Cimex lectularius, Cimex hemipterus*): originated from ancient Greek culture; reported to potentially help arthritis.

xvi. **Bee Venom** (*Anthophila spp*.): originated from ancient Greek culture; reported to potentially help arthritis.

xvii. **Bibhitaki** (*Terminalia bellirica*): originated from ancient Indian culture; reported to potentially help inflammation and arthritis.

xviii. **Blackberry** (*Rubus fruticosus*): originated from ancient Roman culture and ancient Greek culture; inflammation and gout.

xix. **Black Cohosh** (*Cimicifuga racemosa*): originated from Native American culture; reported to potentially help arthritis, pain and rheumatoid arthritis.

xx. **Black Cumin Seed** (*Nigella sativa*): originated from ancient Middle Eastern culture; reported to potentially help pain.

xxi. **Bloodroot** (Bloodwort, *Sanguinaria canadensis*): originated from ancient Indian culture; reported to potentially help pain and anxiety.

xxii. **Boneset** (*Eupatorium perfoliatum*): originated from Native American culture; reported to potentially help arthritis.

xxiii. **Frankincense** (*Boswellia serrata*): originated from ancient Indian culture; reported to potentially help inflammation, obesity, anxiety, pain, and arthritis.

xxiv. **Buck Brush** (*Ceanothus spp*.): originated from Native American culture and ancient Greek culture; reported to potentially help inflammation.

xxv. **Buckthorn** (*Rhamnus spp*.): originated from ancient Greek culture; reported to potentially help obesity.

xxvi. **Buffaloberry** (*Shepherdia canadensis*, *Shepherdia argentea*, *Shepherdia rotundifolia*): originated from Native American culture; reported to potentially help arthritis and inflammation.

xxvii. **Burdock** (*Arctium lappa*): originated from ancient Chinese culture, ancient Indian culture, Native American culture; reported to potentially help rheumatoid arthritis, and gout.

xxviii. **Castor** (*Ricinus communis*): originated from ancient Indian culture; reported to potentially help arthritis, inflammation, and pain.

xxix. **Cattail** (*Typha spp.*): originated from Native American culture; reported to potentially help inflammation.

xxx. **Cat's Claw** (Cat's Nail, *Uncaria tomentos*a): originated from ancient Incan culture; reported to potentially help inflammation.

xxxi. **Cayenne** (*Capsicum annuum*): originated from ancient Greek culture; reported to potentially help pain and arthritis.

xxxii. **Cempoalxochitl** (*Tagetes erecta*): originated from ancient Aztec culture; reported to potentially help arthritis, muscle problems, and inflammation.

xxxiii. **Chasteberry** (*Vitex agnus-catus*): originated from ancient Greek culture and ancient Roman culture; reported to potentially help pain and inflammation.

xxxiv. **Chokecherry** (*Prunus virginiana*): originated from Native American culture; reported to potentially help pain.

xxxv. **Chyawanprash** (Mixture): originated from ancient Indian culture; reported to potentially help arthritis, pain, inflammation, obesity, circulation problems, and muscle problems.

i. Mixture:

i. Vsaka (*Adhatoda Vasica*)
ii. Amalaki (*Emblica officinalis*)
iii. Ghee (Cow Butter, *Bos indicus*)
iv. Til Tail (*Sesamum indicum*)
v. Sharkara (Sugar, *Saccharum officinarum*)
vi. Shahad (Honey, *Apis cerana indica*)
vii. Bilwa (*Aegle marmelos*)
viii. Haritaki (*Terminalia chebula*)
ix. Guduchi / Giloy (*Tinospora cordifolia*)
x. Agaru (*Aquilaria agallocha*)
xi. Punarnava (*Boerhaavia diffusa*)
xii. Karchoor (*Curcuma zedoaria*)
xiii. Mustak (*Cyperus rotundus*)
xiv. Shalaparni (*Desmodium gangeticum*)
xv. Elachi (*Elettaria cardamomum*)
xvi. Kshir Kakoli (*Fritillaria roylei*)
xvii. Gambhari (*Gmelina arborea*)
xviii. Riddhi (*Habenaria intermedia*)
xix. Shati (*Hedychium spicatum*)
xx. Pushkarmool (*Inula racemosa*)
xxi. Lal Chandan (*Pterocarpus santalinus*)
xxii. Vidarikand (*Pueraria tuberosa*)
xxiii. Chandan (*Santalum album*)
xxiv. Vidari (*Ipomoea digitata*)
xxv. Jeevanti (*Leptadenia reticulata*)
xxvi. Mudgaparni (*Phaseolus trilobus*)
xxvii. Bhumi Amla (*Phyllanthus urinaria*)
xxviii. Pippali (*Piper longum*)
xxix. Karkatakashringi (*Pistacia integerrima*)
xxx. Kamal Gatta (*Nelumbium speciosum*)
xxxi. Utpala (*Nymphaea stellata*)
xxxii. Shyonaka (*Oroxylum indicum*)
xxxiii. Maha medha (*Polygonatum cirrhifolium*)
xxxiv. Agnimantha (*Premna corymbosa*)
xxxv. Bala (*Sida cordifolia*)
xxxvi. Brihati (*Solanum indicum*)
xxxvii. Gokshura (*Tribulus terrestris*)
xxxviii. Prishnaparni (*Uraria picta*)
xxxix. Mudgaparni (*Vigna trilobata*)
xl. Draksha (*Vitis vinifera*)

xli. Kantakari (*Solanum surattense*)
xlii. Patala (*Stereospermum suaveolens*)
xliii. Mashaparni (*Teramnus labialis*)
xliv. Vanshlochan (*Bamboo manna*)
xlv. Dalchini (*Cinnamomum zeylanicum*)
xlvi. Tejpata (*Cinnamomum tamala*)
xlvii. Nagkesar (*Mesua ferrea*)

xxxvi. **Colchicine** (*Colchicum autumnale*): originated from ancient Byzantine culture and ancient Greek culture; reported to potentially help gout.

xxxvii. **Cold Coconut Oil** (*Cocos nucifera*): originated from ancient Indian culture; reported to potentially help arthritis, inflammation, and pain.

xxxviii. **Coltsfoot** (*Tussilago farfara*): originated from ancient Greek culture; reported to potentially help inflammation.

xxxix. **Copal** (*Protium copal*): originated from ancient Aztec culture; reported to potentially help anxiety.

xl. **Damiana** (*Turnera diffusa*): originated from ancient Mayan culture; reported to potentially help anxiety.

xli. **Dandelion** (*Taraxacum officinale*): originated from Native American culture, ancient Egyptian culture, ancient Roman culture, and ancient Greek culture; reported to potentially help inflammation.

xlii. **Dashmool** ("Ten Roots" Mixture): originated from ancient Indian culture; reported to potentially help inflammation, pain, arthritis, and joint problems.

i. Mixture:
    i. Bilva (*Aegle marmelos*)
    ii. Agnimantha (*Premna obtusifolia* & *Clerodendrum phlomidis*)
    iii. Gambhari (*Gmelina arborea*)
    iv. Shyonaka (*Oroxylum indicum*)
    v. Patala (*Stereospermum suaveolens*)
    vi. Shalparni (*Desmodium gangeticum*)
    vii. Prishniparni (*Uraria picta*)
    viii. Brihati (*Solanum indicum*)
    ix. Kantakari (*Solanum xanthocarpum*)
    x. Gokshura (*Tribulus terrestris*)

xliii. **Devil's Claw** (*Harpagophytum procumbens*): originated from ancient African culture; reported to potentially help arthritis, rheumatoid arthritis, inflammation, and gout.

xliv. **Dhanyamla Dhara** (Steamed Pouring of Fermented Cereals): originated from ancient Indian culture; reported to potentially help arthritis, muscle problems, inflammation, pain, strength problems, and circulation problems.

xlv. **Dong Quai** (*Angelica sinensis*): originated from ancient Chinese culture; reported to potentially help pain and rheumatoid arthritis.

xlvi. **Donkey Milk** (*Equus asinus*): originated from ancient Greek culture and ancient Egyptian culture; claimed to be an elixir of life and youth.

xlvii. **Purple Coneflower** (*Echinacea spp.*): originated from Native American culture; reported to potentially help inflammation.

xlviii. **Elder Flower** (*Sambucus spp.*): originated from ancient Egyptian culture and Native American culture; reported to potentially help inflammation, arthritis, pain, and anxiety.

xlix. **Eleuthero** (*Eleutherococcus senticosus*): originated from ancient Chinese culture; reported to potentially help inflammation.

l. **Eucalyptus** (Tasmanian Blue Gum, *Eucalyptus globulus*): originated from ancient Indo-Pacifician culture and ancient Indian culture; reported to potentially help arthritis, pain, anxiety, and inflammation.

li. **Resin Spurge** (*Euphorbia resinifera*): originated from ancient Aztec culture; reported to potentially help pain.

lii. **Evening Primrose** (*Oenothera spp.*, *Onagraceae spp.*): originated from Native American culture; reported to potentially help pain, strength problems, inflammation, and obesity.

liii. **Fenugreek** (*Trigonella foenum-graecum*): originated from ancient Greek culture and ancient Egyptian culture; reported to potentially help inflammation.

liv. **Feverfew** (*Tanacetum parthenium*): originated from ancient Greek culture; reported to potentially help arthritis.

lv. **Feverwort** (*Triosteum perfoliatum*): originated from ancient Egyptian culture and Native American culture; reported to potentially help arthritis and back pain.

lvi. **Flame of the Forest Flower** (*Butea monosperma*): originated from ancient Indian culture; reported to potentially help arthritis.

lvii. **Fuscum Olympionico Inscriptum**, “Olympic Victor’s Dark Ointment” (Mixture): originated from ancient Greek culture; reported to potentially help pain, inflammation, and cooling problems.

    i. Mixture:
        i. Antimony
        ii. Cadmium
        iii. Saffron (*Crocus sativus*)
        iv. Frankincense (*Boswellia spp.*)
        v. Myrrh (*Commiphora myrrha*)
        vi. Acacia (*Acacias spp.*)
        vii. Gummi (*Garcinia gummi-gutta*)
        viii. Opium (*Papaver somniferum*)
        ix. Pompholyx (*Dyshidrotic eczema*)
        x. Aloe (*Aloe indica*)

lviii. **Garcinia Cambogia** (*Garcinia gummi-gutta*): originated from South Pacific culture; reported to potentially help inflammation and obesity.

lix. **Bitter Root** (Bitter Wort, *Gentiana lutea*): originated from ancient Illyrian culture; reported to potentially help inflammation and back pain.

lx. **Ginger** (*Zinziber officinale*): originated from ancient Indian culture, ancient South Asian culture; reported to potentially help inflammation and arthritis.

lxi. **Glucomannan** (Konjac Plant, *Amorphophallus konjac*): originated from ancient Chinese culture; reported to potentially help obesity.

lxii. **Goldenrod** (*Solidago canadensis*, *Solidago virgaurea*): originated from ancient German culture; reported to potentially help arthritis, gout, and inflammation.

lxiii. **Gomutra, Buttermilk, and Dhanyamla Upanaha** (Poultice of *Bos indicus* urine, Buttermilk, and Steamed Pouring of Fermented Cereals): originated from ancient Indian culture; reported to potentially help arthritis, pain, and inflammation.

lxiv. **Gomutra** (*Bos indicus* urine): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, pain, and joint problems.

lxv. **Grapefruit** (*Citrus sinensis*): originated from Caribbean culture; reported to potentially help obesity.

lxvi. **Greenbriar** (*Smilax bona-nox*): originated from Native American culture; reported to potentially help arthritis and pain.

lxvii. **Green Tea** (*Camellia sinensis*): originated from ancient Chinese culture; reported to potentially help arthritis, inflammation, and obesity.

lxviii. **Ground Up Small Snakes, Scorpions, and Centipedes Ointment**: originated from ancient Aztec culture; reported to potentially help joint pain, gout, arthritis, and sympathetic magic.

lxix. **Guaco Stem** (*Aristolochia spp.*): originated from ancient Aztec culture; reported to potentially help pain.

lxx. **Guarana** (*Paullinia cupana*): originated from ancient Amazonian culture; reported to potentially help arthritis.

lxxi. **Guggulu** (*Commiphora guggul*): originated from ancient Indian culture; inflammation and arthritis.

lxxii. **Gulguluthikthakam Decoction** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and pain.

i. Mixture:

i. Nimba (*Azadirachta indica*)
ii. Patola (*Trichosanthes dioica*)
iii. Vyaghri (*Solanum xanthocarpum*)
iv. Guduchi (*Tinospora cordifolia*)
v. Vasa (*Adhatoda vasica*)
vi. Patha (*Cissampelos pariera* / *Cyclea peltata*)
vii. Vidanga (*Embelia ribes*)
viii. Suradaru (*Cedrus deodara*)
ix. Gajopakulya (*Piper chaba*)
x. Yavakshara (*Hordeum vulgare*)
xi. Swarjikakshara (*Caroxylon griffithii*)
xii. Nagara (*Zingiber officinale*)
xiii. Nisha (*Curcuma longa*)
xiv. Mishreya (*Anethum sowa*)
xv. Chavya (*Piper chaba*)
xvi. Kushta (*Saussurea lappa*)
xvii. Tejovati (*Zanthoxylum alatum*)

xviii. Maricha (*Piper nigrum*)
xix. Vatsaka (*Holarrhena antidysenterica*)
xx. Deepyaka (*Trachyspermum ammi*)
xxi. Agni (*Plumbago zeylanica*)
xxii. Rohini (*Picrorhiza kurroa*)
xxiii. Arushkara (*Semecarpus anacardium*)
xxiv. Vacha (*Acorus calamus*)
xxv. Kannamoola (*Piper longum*)
xxvi. Yukta (*Pluchea lanceolata*)
xxvii. Manjishta (*Rubia cordifolia*)
xxviii. Ativisha (*Aconitum heterophyllum*)
xxix. Vishani (*Aconitum spp.*)
xxx. Yavani (*Trachyspermum ammi*)
xxxi. Shuddha Guggulu (*Commiphora mukul*)

lxxiii. **Hellebores** (*Helleborus* spp.): originated from Native American culture and ancient Greek culture; reported to potentially help pain and inflammation.
lxxiv. **Honey mixed with unfermented grape juice** (Oenomel): originated from ancient Greek culture; reported to potentially help gout and anxiety.
lxxv. **Honey mixed with vinegar** (Oxymel): originated from ancient Greek culture; reported to potentially help pain.
lxxvi. **Honey mixed with water** (Hydromel): originated from ancient Greek culture; reported to potentially help thirst and low energy.
lxxvii. **Honeysuckle** (*Lonicera spp.*): originated from ancient Chinese culture; reported to potentially help rheumatoid arthritis, arthritis, and inflammation.
lxxviii. **Hops** (*Humulus lupulus*): originated from Native American culture; reported to potentially help anxiety.
lxxix. **Horehound** (*Marrubium vulgare*): originated from ancient Greek culture and ancient Egyptian culture, and ancient Roman culture; reported to potentially help anxiety.
lxxx. **Horsemint** (*Mentha longifolia*): originated from Native American culture; reported to potentially help inflammation.
lxxxi. **Itzpacalatl** ("Water of the Washed Obsidian"): originated from ancient Aztec culture; blood from human sacrifices and residue washed from obsidian ceremonial blades used to sacrifice human flesh, drink of the king to infuse the soul with unstoppable power.
lxxxii. **Jatamayadi Churna** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, pain, and arthritis.
i. Mixture:
i. Brahmi (*Bacopa monnieri*)
ii. Turushka (*Hydnocarpus laurifolia*)
iii. Pushkaramoola (*Inula racemosa*)
iv. Tagara (*Valeriana jatamansi*)
v. Ashwagandha (*Withania somnifera*)
vi. Usira (*Vetiveria zizanoides*)

vii. Rasna (*Alpinia galanga*)
viii. Sarala (*Pinus longifolia*)
ix. Rice Water (*Oryza sativa*)
x. Tamarind Leaf (*Tamarindus indica*)

lxxxiii. **Jiaogulan** (*Gynostemma pentaphyllum*): originated from ancient Chinese culture; reported to potentially help anxiety, and an herb of immortality.

lxxxiv. **Juniper** (*Juniperus communis*): originated from ancient Egyptian culture and ancient Roman culture; reported to potentially help arthritis.

lxxxv. **Kaishore Guggulu Gulika** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, pain, joint problems, and muscle problems.

i. Mixture:
    i. Triphala (Sub-Mixture)
        a. Sub-Mixture:
            i. Amalaki (*Emblica officinalis*)
            ii. Haritaki (*Terminalia chebula*)
            iii. Bibhitaki (*Terminalia bellirica*)
    ii. Amruta (*Tinospora cordifolia*)
    iii. Guggulu (*Commiphora wightii*)
    iv. Guduchi (*Tinospora cordifolia*)
    v. Trikatu (Sub-Mixture)
        a. Sub-Mixture:
            i. Maricha (*Piper nigrum*)
            ii. Peepli (*Piper longum*)
            iii. Sunthi (*Zingiber officinale*)
    vi. Ardha Drona (Water)
    vii. Vidangam Danti (*Baliospermum montanum*)
    viii. Trivrit (*Operculina turpethum*)
    ix. Ghrita-Kumar (*Barbadensis mill*)

lxxxvi. **Kava Kava** (*Piper methysticum*): originated from South Pacifician culture and Native American culture; reported to potentially help anxiety and pain.

lxxxvii. **Kola Nut** (*Cola nitida*): originated from West African culture; reported to potentially help anxiety.

lxxxviii. **Kshara Basti** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and pain.

i. Mixture:
    i. Saindhava Lavana (Himalayan Pink Salt)
    ii. Gadi Guda (*Baccaurea metleyana*)
    iii. Shatahva (*Anethum graveolens*)
    iv. Gomutra (*Bos indicus* urine)

lxxxix. **Lavender** (*Lavandula*): originated from ancient Roman culture, ancient Greek culture, and ancient Egyptian culture; reported to potentially help anxiety, pain, and inflammation.

xc. **Lemon Balm** (*Melissa officinalis*): originated from ancient Greek culture; reported to potentially help anxiety.

xci. **Licorice Root** (Sweet Root, Gan Zao, *Glycyrrhiza glabra*): originated from ancient Chinese culture; reported to potentially help inflammation.

xcii. **Maca** (Peruvian Ginseng, *Lepidium meyenii*): originated from ancient South American culture; reported to potentially help strength problems.

xciii. **Macuilxochitl** (*Targetes canulata*): originated from ancient Aztec culture; reported to potentially help inflammation.

xciv. **Margosa** (Neem Oil, *Azadirachta indica*): originated from ancient Indian culture; reported to potentially help arthritis and inflammation.

xcv. **Marshmallow Root** (*Althea officinalis*): originated from ancient Egyptian culture and ancient Roman culture; reported to potentially help inflammation and obesity.

xcvi. **Mecaxochitl** (*Vanilla planifolia*): originated from ancient Aztec culture; claimed to give gladiatorial strength.

xcvii. **Mercury Elixir**: originated from ancient Persian culture, ancient Greek culture, and ancient Chinese culture; claimed to increase lifespan.

xcviii. **Mint** (*Mentha spp.*): originated from ancient Greek culture, ancient Roman culture, and Native American culture; reported to potentially help anxiety.

xcix. **Mixitl** (*Datura stramonium*): originated from ancient Aztec culture; reported to potentially help gout, pain, and arthritis.

c. **Cowhage** (Velvet Bean, Cowitch, *Mucuna pruriens*): originated from ancient Indian culture; reported to potentially help anxiety.

ci. **Mullein** (*Verbascum thapsus*): originated from ancient Rome culture and Native American culture; reported to potentially help inflammation and pain.

cii. **Nanacatl** (*Campos agrorum*): originated from ancient Aztec culture; reported to potentially help gout, pain, and arthritis.

ciii. **Nirgundi** (*Vitex negundo*): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and pain.

civ. **Oak** (*Quercus spp.*): originated from Native American culture; reported to potentially help inflammation.

cv. **Osha** (Porter's Licorice Root, *Ligusticum porteri*): originated from Native American culture; reported to potentially help arthritis, inflammation, and pain.

cvi. **Passion Flower** (*Passiflora spp.*): originated from Native American culture; reported to potentially help anxiety.

cvii. **Pau d'arco** (*Tabebuia avellanedae*): originated from ancient South American culture; reported to potentially help arthritis, pain, and inflammation.

cviii. **Pennyroyal** (*Mentha pulegium*): originated from ancient Greek culture, ancient Roman culture, and Native American culture; reported to potentially help gout.

cix. **Peppermint** (*Mentha piperita*): originated from ancient Greek culture, ancient Roman culture, and ancient Egyptian culture; reported to potentially help anxiety.

cx. **Peyotl** (*Lophophora williamsii*): originated from Native American culture; reported to potentially help gout, pain, and arthritis.

cxi. **Picietl** (*Nicotiana rustica*): originated from ancient Aztec culture; reported to potentially help gout, pain, and arthritis.

cxii. **Pleurisy Root** (*Asclepias tuberosa*): originated from Native American culture; reported to potentially help pain and inflammation.

cxiii. **Poke** (*Phytolacca americana*): originated from Native American culture; reported to potentially help arthritis, pain, and inflammation.

cxiv. **Teonanácatl** (*Psilocybe mexicana*): originated from ancient Aztec culture; reported to potentially help inflammation and anxiety.

cxv. **Rabbit Tobacco** (Cherokee Tobacco, *Gnaphalium obtusifolium*): originated from Native American culture; anxiety.

cxvi. **Rasna-panchak Decoction** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and pain.

- i. Mixture:
  - i. Gokshura (*Tribulus terrestris*)
  - ii. Rasna (*Pluchea lanceolata*)
  - iii. Giloya (*Tinospora cordifolia*)
  - iv. Eranda (*Ricinus communis*)
  - v. Clove (*Syzygium aromaticum*)
  - vi. Devdaroo (*Cedrus deodara*)
  - vii. Punarnava (*Boerhavia diffusa*)
  - viii. Amaltaas (*Cassia fistula*)

cxvii. **Raspberry** (*Rubus Idaeus*, *Rubus rosaceae*): originated from ancient Greek culture and ancient Roman culture; reported to potentially help inflammation.

cxviii. **Red Clover** (*Trifolium pratense*): originated from ancient Greek culture and ancient Roman culture; reported to potentially help inflammation.

cxix. **Rose Hip** (Rose Haw, *Rosa canina*): originated from ancient Roman culture, ancient Greek culture, and ancient Persian culture; reported to potentially help inflammation.

cxx. **Rosemary** (*Rosmarinus officinalis*): originated from ancient Egyptian culture, ancient Greek culture, and ancient Roman culture; reported to potentially help pain.

cxxi. **Roseroot** (*Rhodiola rosea*): originated from ancient Greek culture, ancient Nordic culture, prehistoric Siberian and Mongolian culture, and ancient Chinese culture; reported to potentially help anxiety, and strength problems.

cxxii. **Saltbush** (Orache, *Atriplex spp.*): originated from Native American culture; reported to potentially help pain.

cxxiii. **Sandalwood Incense** (*Santalum album*): originated from ancient Egyptian culture; reported to potentially help gout.

cxxiv. **Sanjivani Vati Gulika** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and pain.

- i. Mixture:
  - i. Vidanga (*Embelia ribes*)
  - ii. Nagara (*Zingiber officinale*)
  - iii. Krishna (*Papilio krishna*)
  - iv. Haritaki (*Terminalia chebula*)
  - v. Vibhitaki (*Terminalia bellirica*)

vi. Vacha (*Acorus calamus*)
vii. Guduchi (*Tinospora cordifolia*)
viii. Bhallataka (*Semecarpus anacardium*)
ix. Vatsanabha (*Aconitum ferox*)
x. Gomutra (*Bos indicus* urine)

cxxv. **Sarsaparilla** (*Smilax regelii*, *Smilax aspera*): originated from ancient Roman culture and ancient Greek culture; reported to potentially help arthritis, pain.

cxxvi. **Saw Palmetto** (*Serenoa repens*): originated from Native American culture; reported to potentially help inflammation.

cxxvii. **Magnolia Vine** (*Schisandra chinensis*): originated from Native American culture; reported to potentially help strength problems.

cxxviii. **Senna** (Arabic Sana, *Cassia officinalis*): originated from ancient Egyptian culture; reported to potentially help gout.

cxxix. **Shallaki** (*Boswellia serrata*): originated from ancient Indian culture; reported to potentially help pain, arthritis, mobility problems, and inflammation.

cxxx. **Shatavari** (*Asparagus racemosus*): originated from ancient Indian culture; reported to potentially help inflammation and arthritis.

cxxxi. **Shavegrass** (*Equisetum arvense*): originated from ancient Greek culture and ancient Roman culture; reported to potentially help arthritis.

cxxxii. **Shunthi Gomutra Lepa** (Paste of *Zingiber officinale* with *Bos indicus* urine): originated from ancient Indian culture; reported to potentially help arthritis, pain, and inflammation.

cxxxiii. **Sidh Makardhwaj** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.
i. Mixture:
i. Parada (Mercury)
ii. Gandhaka (Sulfur)
iii. Swarna Bhasma (Gold Ash)

cxxxiv. **Skullcap** (*Scutellaria lateriflora*): originated from Native American culture; reported to potentially help anxiety, pain, and inflammation.

cxxxv. **Slippery Elm** (*Ulmus rubra*): originated from Native American culture; reported to potentially help arthritis.

cxxxvi. **Snake Oil** (*Serpentes spp.*): originated from ancient Aztec culture; reported to potentially help arthritis, and pain.

cxxxvii. **Star Grass** (*Cynodon plectostachyus*): originated from ancient African culture; reported to potentially help arthritis.

cxxxviii. **Stevia** (*Stevia rebaudiana*): originated from Native American culture; reported to potentially help obesity.

cxxxix. **St John's Wort** (*Hypericum perforatum*): originated from ancient Greek culture; reported to potentially help anxiety and inflammation.

cxl. **Stoneseed** (*Lithospermum officinale*): originated from Native American culture; reported to potentially help arthritis and anxiety.

cxli. **Sweet Flag** (*Acorus calamus*): originated from ancient Chinese culture and Native American culture; reported to potentially help inflammation.

cxlii. **Tlapati** (*Ricinus communis*): originated from ancient Aztec culture; reported to potentially help gout, pain, and arthritis.

cxliii. **Tobacco** (*Nicotiana spp.*): originated from Native American culture; reported to potentially help pain.

cxliv. **Tolohauxihuitl** (Toloache, Jimson Weed, *Datura stramonium*): originated from ancient Aztec culture; reported to potentially help gout, pain, and arthritis.

cxlv. **Puncture Vine** (*Tribulus terrestris*): originated from ancient Greek culture, ancient Roman culture, ancient Chinese culture, and ancient Indian culture; reported to potentially help decreased muscle mass.

cxlvi. **Triphala** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation and arthritis.

i. Mixture
    i. Amalaki (*Emblica officinalis*)
    ii. Haritaki (*Terminalia chebula*)
    iii. Bibhitaki (*Terminalia bellirica*)

cxlvii. **Turmeric** (*Curcuma longa*): originated from ancient Indian culture; reported to potentially help inflammation and arthritis.

cxlviii. **Vaitarana Basti** (Mixture): originated from ancient Indian culture; reported to potentially help inflammation, arthritis, and pain.

i. Mixture:
    i. Amli (*Tamarindus indica*)
    ii. Gadi Guda (*Baccaurea metleyana*)
    iii. Saindhava Lavana (Himalayan Pink Salt)
    iv. Gomutra (*Bos indicus* urine)
    v. Tila Taila (*Sesamum indicum*)

cxlix. **Valerian Root** (*Valeriana officinalis*): originated from ancient Greek culture and ancient Roman culture; reported to potentially help anxiety.

cl. **Western Skunk Cabbage** (*Lysichiton americanus*): originated from Native American culture; reported to potentially help inflammation.

cli. **Wheat Grass** (*Triticum aestivum*): originated from ancient Egyptian culture; reported to potentially help gout.

clii. **White Pine** (*Pinus strobus*): originated from Native American culture; reported to potentially help muscle soreness, arthritis, and inflammation.

cliii. **Wild Black Cherry** (*Prunus serotina*): originated from Native American culture; reported to potentially help arthritis, anxiety, and inflammation.

cliv. **Wild Garlic** (*Allium sativum*): originated from ancient Egyptian culture, ancient Indian culture, and ancient Chinese culture; reported to potentially help arthritis, rheumatoid arthritis, obesity, and inflammation.

clv. **Bitter Lettuce** (Opium Lettuce, Green Endive, Acrid Lettuce, *Lactuca virosa*): originated from Native American culture and ancient Egyptian culture; reported to potentially help anxiety and pain.

clvi. **Wild Rose** (*Rosa spp.*): originated from ancient Egyptian culture; reported to potentially help anxiety, inflammation, and gout.

clvii. **Willow Bark and Leaves** (*Salix alba*): originated from ancient Sumerian culture; reported to potentially help osteoarthritis, inflammation, and pain.

clviii. **Witch Hazel** (*Hamamelis virginiana*): originated from Native American; reported to potentially help inflammation.

clix. **Yarrow** (*Achillea millefolium*): originated from ancient Chinese culture and ancient Greece; reported to potentially help arthritis, and inflammation.

clx. **Yellow Dock** (*Rumex crispus*): originated from Native American culture; reported to potentially help arthritis.

clxi. **Yellow Root** (*Xanthorhiza simplicissima*): originated from Native American culture; reported to potentially help inflammation.

clxii. **Yerba Mate** (Erva Mate, *Ilex paraguariensis*): originated from ancient South American culture; reported to potentially help anxiety, obesity, and nerve pain.

The Father of Medicine

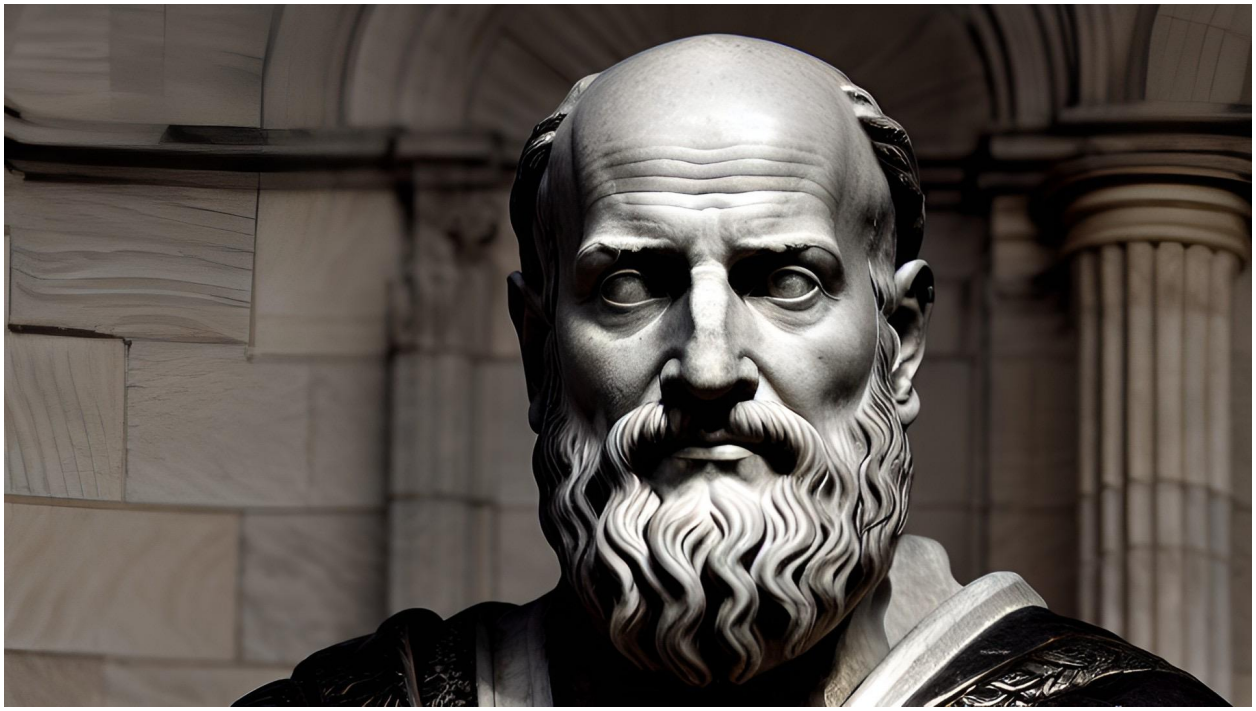
Considered as the "Father of Medicine," Hippocrates greatly influenced the field of medicine with his pioneering work and contributions. His name is often associated with the Hippocratic Oath, a moral code that physicians still abide by today.

Hippocrates, born around 460 BC on the Greek island of Kos, laid the foundation for scientific medicine by emphasizing observation, clinical examination, and rational thinking. He believed that diseases were natural phenomena rather than punishment from gods or supernatural forces.

His teachings focused on understanding the human body as a whole and treating patients based on their individual symptoms and conditions. He emphasized the importance of maintaining ethical standards and providing compassionate care to patients.

Hippocrates wrote numerous medical texts known as the Corpus Hippocraticum, which covered various topics including anatomy, physiology, diagnosis, treatment methods, ethics in healthcare, and more. These writings became fundamental in shaping medical practices for centuries to come.

Despite living over two millennia ago, Hippocrates' principles and approach to medicine remain influential today. His legacy continues to inspire physicians worldwide in their pursuit of healing and caring for others.



The Father of Medicine: Hippocrates 460 - 370 BC, Ancient Greece

The Great Leap Forward

The Great Leap Forward denotes a significant period of transformation and progress. This term originated from the socio-political movement led by Mao Zedong, Chairman of the Communist Party of China, between 1958 and 1962. It aimed to propel China towards rapid industrialization and agricultural collectivization, with the ultimate goal of surpassing countries regarded as advanced at that time.

Leader of Communist China: Mao Zedong 1893 - 1976

During this era, numerous initiatives were introduced to accelerate economic growth and modernization, such as the formation of communes, mass mobilization campaigns, and prioritizing steel production through backyard furnaces. However, this ambitious undertaking faced various challenges and resulted in unintended consequences.

One of which was the mandate of the extermination of 4 animals: The Eurasian Tree Sparrow, Mosquito, Fly, and Field Mouse. They were successful in the extermination of the sparrow, which was eating the grain seeds, however this caused the locust population to go unchecked and backfired tremendously.

While the Great Leap Forward sought to enhance China's development, it also caused severe disruptions in society. Due to exaggerated production targets, agricultural practices suffered greatly, leading to widespread famine and a devastating loss of 30-45 million human lives. Additionally, inadequate planning and poor management further exacerbated issues within industries.

Despite these setbacks, the Great Leap Forward remains a transformative period in Chinese history; it laid the groundwork for subsequent reforms when lessons were learned from its failures. The legacy of this era continues to shape contemporary China's approach to development and serves as a reminder of both ambition and caution when implementing large-scale societal changes.

Veterinary Medicine of Ancient Rome

In ancient Rome, the care and treatment of animals held significant importance. Romans valued animals for various purposes, including companionship, entertainment, and religious rituals. Animal care in ancient Rome encompassed a range of practices and beliefs that reflected the Roman society's attitudes towards animals.

Animals in ancient Rome were often kept as pets or for agricultural purposes. Domesticated animals such as dogs, cats, and birds were commonly found in Roman households, where they would provide companionship to their owners. These pets were often well-cared for and considered part of the family.

The Romans also had a fascination with exotic animals from different parts of their empire. They would keep wild animals such as lions, elephants, and giraffes in private menageries or display them in public venues like circuses and amphitheaters. These captive animals required specialized care to ensure their well-being.

Roman Gladiatorial Animal Combat in a Colosseum

In addition to pet ownership and entertainment purposes, animal care in ancient Rome extended to livestock used for agricultural activities. Farmers relied on oxen, horses, mules, and donkeys for plowing fields and transportation. The Romans recognized the importance of maintaining these working animals' health through proper nutrition, medical treatments, and rest.

Religious practices also played a role in animal care among the Romans. Animals were frequently sacrificed during religious ceremonies as offerings to appease gods or seek blessings. These sacrifices required specific rituals to ensure both the animal's welfare during its life before its ultimate sacrifice.

Overall, animal care in ancient Rome reflected the society's appreciation for animals' roles as companions or contributors to daily life activities like agriculture or religious practices. While some aspects may be seen differently through present-day ethical standards regarding animal welfare, more emphasis on their intrinsic value can be observed throughout history.

Noah’s Ark: The First Animal Shelter

In the realm of providing refuge and care for homeless animals, tracing back the origins of animal shelters can provide us with valuable insights. While it is challenging to definitively determine the first-ever animal shelter, historical evidence points towards various facilities that pioneered this noble cause.

One significant establishment renowned as a precursor to modern animal shelters is The Society for the Prevention of Cruelty to Animals (SPCA), founded in London, England, in 1824. The SPCA laid the foundation for a compassionate movement dedicated to protecting animals from mistreatment.

Additionally, organizations such as Battersea Dogs & Cats Home in London, established in 1860, further contributed to setting up structures resembling what we recognize today as animal shelters.

While pinpointing the exact first animal shelter may prove elusive due to differing definitions and evolving approaches over time, these early initiatives undoubtedly paved the way for a global network of organizations committed to providing shelter and care for our beloved four-legged companions.

However, The first documented animal shelter was thousands of years earlier: Noah's Ark has been a subject of longstanding curiosity and debate. Scholars, theologians, and historians have extensively studied the biblical account of Noah's Ark to uncover its historical accuracy and significance.

Theorized Noah’s Ark Animal Cages

According to the Book of Genesis in the Bible, Noah's Ark was a massive vessel built by Noah under divine instruction to survive a catastrophic flood that would destroy all life on earth. This event is widely regarded as one of the most iconic tales in religious literature.

While some skeptics question the feasibility and scientific plausibility of such an event, others argue that archaeological findings support key aspects of the story. Numerous civilizations across different time periods have documented flood myths similar to Noah's Ark narrative, providing intriguing parallels.

The Black Sea Deluge, also known as the Great Flood or Noachian Deluge, refers to a theorized catastrophic event that is believed to have occurred about 7,500 years ago where there was a catastrophic inflow of Mediterranean seawater into the Black Sea, a freshwater lake. This event is said to have resulted in a significant rise in sea levels within the Black Sea region flooding 24,710,538 acres (¾ size of Louisiana) after outputting 200x the flowrate of Niagara Falls each day for 300 days.

Bosporus Straits from which Black Sea Deluge is Theorized via Glacier Collapse

According to the theory, during the last glacial period, vast amounts of water from melting ice sheet collapse compromising Bosporus valley bedrock at the Bosporus Strait filled the Black Sea basin rapidly, causing it to overflow its boundaries. This sudden influx of water is thought to have led to a devastating flood that submerged previously inhabited coastal areas.

The existence of this deluge is based on geological evidence and has been explored through various scientific studies and archaeological findings. Researchers have uncovered traces of ancient settlements beneath the current sea level in locations surrounding the Black Sea.

This event holds significant importance not only for understanding past climate change but also for its potential impact on human civilization at that time. As research continues into this intriguing historic event, scientists aim to gain further insights into our planet's dynamic history and its profound influence on human populations.

Exploring various historical and archaeological perspectives, researchers have attempted to identify possible locations for Noah's Ark remains or evidence related to the great flood. However, conclusive evidence has yet to be discovered.

It is important to note that interpretations of ancient texts and historical events can vary among scholars, as they often rely on limited information sources. As such, discussions surrounding the accurate history of Noah's Ark continue to generate intrigue and ongoing research efforts.

The First Zoo

The establishment of the first zoo in history marks an important milestone in the human-animal relationship. Zoos have served as repositories of biodiversity and knowledge about wildlife since ancient times, showcasing a diverse array of animal species for educational, scientific, and entertainment purposes.

One notable example is the menagerie established in ancient Egypt by Queen Hatshepsut during the 15th century BCE. It served as a display of royal power and wealth, housing various exotic animals including elephants, lions, baboons, and cheetahs. This early precursor to modern zoos reflects humanity's fascination with observing and understanding the natural world.

Throughout history, zoos have played a pivotal role in conservation efforts by providing captive breeding programs for endangered species and conducting scientific research on animal behavior and physiology. Moreover, they have also contributed significantly to public education and awareness about wildlife conservation.

Ancient Egyptian Hieroglyphics Documenting Exotic Animal Transportation

Veterinary Medicine Aboard Ships

The history of animal medicine aboard ships encompasses the veterinary care provided to animals during maritime voyages. Throughout centuries, ships relied on animals for various purposes such as transportation, hunting, and companionship. As a result, ensuring the health and well-being of these animals became crucial for their successful voyage.

The provision of proper veterinary care for animals aboard ships holds significant importance in ensuring their well-being and overall health. Animal medicine aboard ships encompasses a range of services and facilities dedicated to addressing the healthcare needs of animals in maritime settings.

Maritime animal hospitals or shipboard veterinary services aim to provide comprehensive medical attention and treatment to animals on board. These specialized facilities are equipped with the necessary resources and expertise to handle various ailments and emergencies that animals may encounter while at sea.

The welfare of animals aboard ships is a priority, considering the unique challenges posed by the maritime environment. Apart from standard medical care such as vaccinations and routine check-ups, shipboard veterinarians also play a crucial role in managing health crises or injuries that may arise during voyages.

Ensuring appropriate veterinary care for animals aboard ships not only promotes their physical well-being but also contributes to the overall safety and comfort of both crew members and passengers alike. It demonstrates a commitment to upholding ethical standards regarding animal welfare in various industries that involve maritime transportation.

In conclusion, dedicating resources towards animal medicine aboard ships is vital. By establishing provisions for quality veterinary care, we can mitigate risks associated with potential health issues while promoting responsible practices concerning animal welfare at sea.

History of Animal vs Animal Fighting

The ancient history of animal fighting spans across various civilizations and cultures throughout time. From ancient Rome to medieval Europe, the practice of pitting animals against each other for entertainment or as a spectacle has been documented.

In ancient Rome, for example, gladiatorial games often included staged animal fights as part of the grand spectacle. These events would see exotic creatures such as lions, bears, and elephants forced into combat with each other or against human competitors in front of large audiences. During these times, little consideration was given to the welfare or care of these animals involved in such brutal displays.

In medieval Europe, animal fighting took on different forms. Cockfighting became popular in certain regions and was considered a form of entertainment among nobility and commoners alike. Similarly, bear-baiting involved tying up a bear and setting dogs upon it in an enclosed space for public amusement.

While these practices may seem barbaric by today's standards, they provide insight into the values and customs of past civilizations. They reflect the fascination with power dynamics between humans and animals and highlight the role that animals played in various aspects of human society during ancient times.

History of The War Elephant

The history of the war elephant dates back to ancient times, with the first use approximately 4,000 BC when these majestic creatures played a significant role in warfare. These creatures were valued for their immense strength, size, and intimidating presence on the battlefield.

War Elephant Use in the Middle Ages

Throughout history, various civilizations harnessed the power of war elephants in warfare. From the Persians and Indians to the Greeks and Romans, these mighty beasts left an indelible mark on military strategies and tactics.

War elephants were trained and equipped with armor, swords, spears, or other weapons that would maximize their effectiveness on the battlefield. They were often used as living tanks, charging enemy lines and causing havoc among enemy troops.

Their sheer size and power made them formidable opponents as they could trample enemies underfoot or impale them with their tusks. Their presence alone could break the morale of opposing forces.

However, despite their initial success on the battlefield, war elephants eventually fell out of favor due to changes in military tactics such as advancements in ranged weapons like archery and artillery. The logistics of maintaining these massive creatures also became a challenge for armies.

War Elephant Use in Modern Times

Nevertheless, their legacy lives on through historical accounts, artwork, and cultural references from ancient civilizations. The story of war elephants serves as a testament to humanity's ingenuity in harnessing nature's might for strategic advantage in conflict situations. The last documented time the war elephant was used was the vietnam war as well as the Kachin Independence Army in 2017.

Medieval Chivalry and Horsemanship

Medieval chivalry horsemanship is a subject that takes us back to the traditions and practices of knights and nobles during the Middle Ages. This section delves into the key aspects of horsemanship within the realm of chivalry, exploring techniques, skills, and etiquette associated with riding and handling horses during this time period.

During medieval times, horsemanship played a crucial role in the lives of knights. It encompassed various skills such as mounted combat, jousting, tournament participation, and general equestrian proficiency. Through diligent training and strict adherence to codes of conduct, knights strove to master the art of horsemanship in order to exemplify their prowess on the battlefield as well as in social settings.

To gain insight into medieval chivalry horsemanship, we will examine techniques for controlling a horse while wearing heavy armor, methods for training warhorses for combat engagements, and the significance of equine equipment used by knights. Furthermore, we will explore how horsemanship was intricately tied to notions of honor, loyalty, and valor within medieval society.

By understanding the practices and principles surrounding medieval chivalry horsemanship, we can gain a deeper appreciation for this esteemed period in history where horseback riding served not only as transportation but also as an integral part of military strategy and social standing.

Medieval Knight & King Combat on Horseback

World War One Horsemanship

Animals, such as horses, dogs, and pigeons, were widely utilized in various military operations during the war. As these animals suffered injuries and illnesses on the battlefield, veterinary medicine became vital to their survival and well-being.

The use of horses was particularly prevalent in World War One, with millions of them employed as cavalry mounts, draught animals, and transportation units. Veterinarians worked tirelessly to treat injuries inflicted by gunfire, shrapnel wounds, and diseases such as equine influenza and colic. The development of mobile veterinary units enabled quick response times to provide medical care close to the frontlines.

Dogs were used extensively for communication purposes as messenger dogs and for detecting mines or locating wounded soldiers. Veterinary teams provided aid to these canines by treating injuries sustained from firearms or explosives.

World War I German Military Equine Veterinarian

Pigeons served as reliable messengers due to their ability to navigate quickly over long distances. Veterinary personnel cared for these avian messengers by ensuring their health through vaccinations against diseases like avian cholera.

Moreover, innovative practices emerged during this time period that greatly influenced veterinary medicine's progression. These advancements included improved anesthesia techniques and pain management protocols for surgical interventions on both large animals (such as horses) and small ones (such as dogs).

Overall, veterinary medicine during World War One not only protected the lives of numerous animals but also contributed significantly to military efforts by maintaining essential communication lines and transportation systems while upholding animal welfare standards in times of conflict

World War Two Horse Cavalry Charge

The last Cavalry charge in history during World War II holds a significant place in the annals of warfare. This final equestrian assault witnessed brave cavalry troops charging into the heat of battle amidst an ever-changing military landscape dominated by mechanized and aerial warfare.

In the midst of modern warfare tactics, cavalry units still played a role on various fronts during World War II. However, it was on the Eastern Front where one of the most renowned instances of cavalry charges took place. The Battle of Schönefeld, fought in early 1945 near Berlin, saw Soviet Cossack regiments engage in a daring offensive charge against German forces.

The use of horse-mounted troops in this late stage of the war demonstrated both the indomitable spirit and strategic adaptability on behalf of the Soviet Union. Despite facing overwhelming odds, these courageous soldiers showcased their unwavering bravery and resilience as they galloped towards enemy lines.

This last Cavalry charge symbolized not only the determination to defy conventional military norms but also served as a poignant reminder that even amidst technological advancements, traditional methods and tactics could still find their place on the battlefield.

Ultimately, this final equestrian charge carried with it a historical significance that marked its place within World War II's wider narrative. Serving as an epitaph for an age-old tradition mingled with modern conflict, this event serves to remind us that even amid profound changes in warfare strategy and technology, echoes from our past can still resonate on future battlefields.

History of The Needle & Syringe

The needle and syringe have a long and storied history, dating back centuries. These medical tools have played a crucial role in healthcare practices, enabling the administration of medications and drawing fluids from the body.

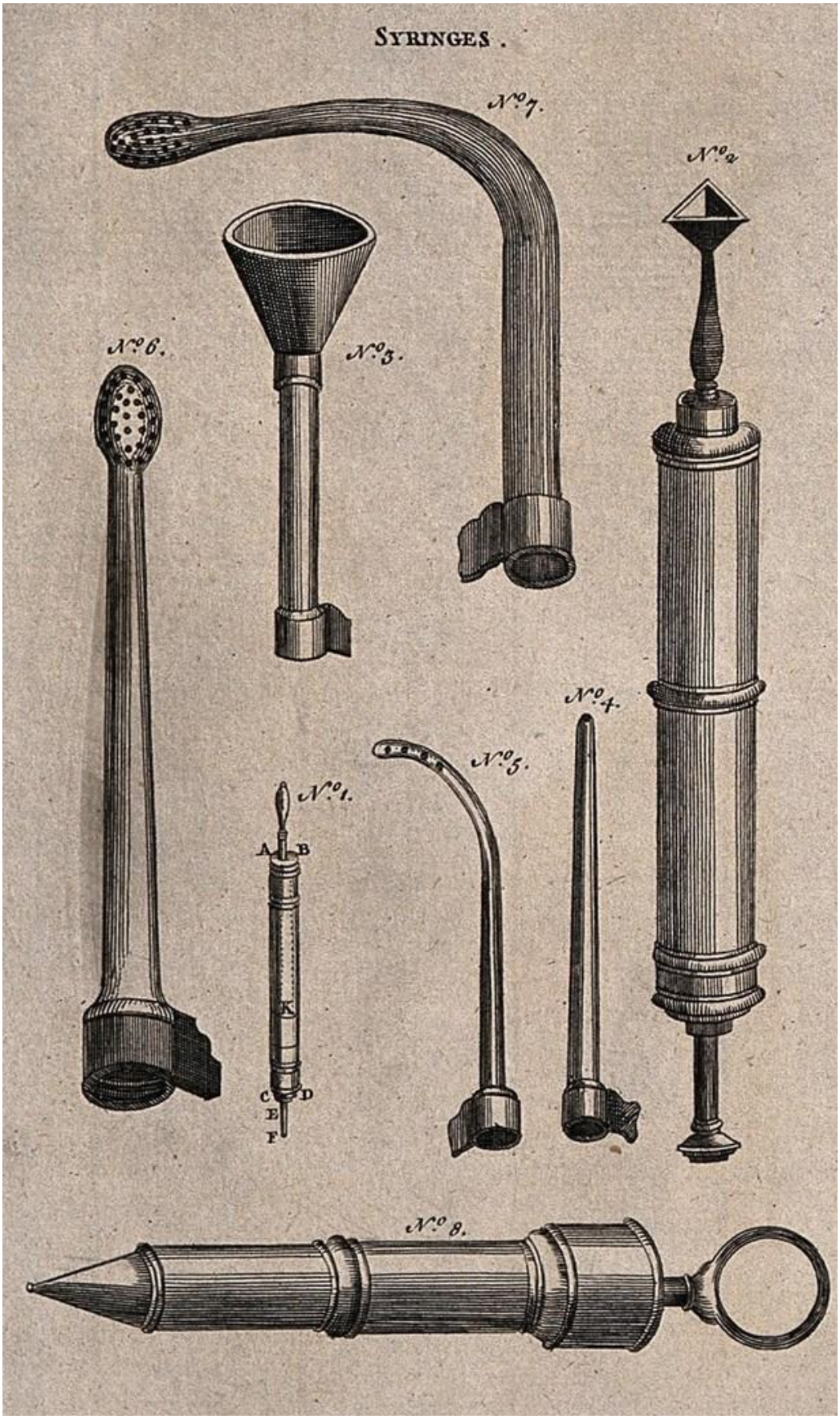
Historically, the concept of needle puncture can be traced back to Ancient Egypt around 1,500 BCE, where hollow metal tubes were utilized for therapeutic purposes. The concept was further refined by physicians throughout the ages, with various modifications made to improve safety and efficacy.

However, it wasn't until the mid-19th century that significant advancements were made in needle and syringe technology. In 1853, Alexander Wood introduced the hypodermic syringe with an attached needle for intravenous injections. This groundbreaking innovation revolutionized medical treatment by allowing direct delivery of medications into the bloodstream.

Over time, needles and syringes underwent further improvements to enhance usability and reduce risks associated with injection procedures. The development of disposable needles in the 1950s greatly reduced the risk of infections and cross-contamination.

Today, we witness continued advancements in needle and syringe technology with features such as safety mechanisms to prevent accidental needlestick injuries and innovative designs for more precise drug delivery.

The history of the needle and syringe is a testament to human ingenuity in continuously refining medical instruments for better patient care and outcomes. From ancient civilizations to modern healthcare practices, these tools have proved indispensable in various medical procedures across different fields such as immunizations, blood sampling, insulin administration, among many others.


SYRINGES.
N°7.
N°2.
N°6.
N°3.
N°4.
N°5.
N°1.
A
B
K
C
D
E
F
N°8.

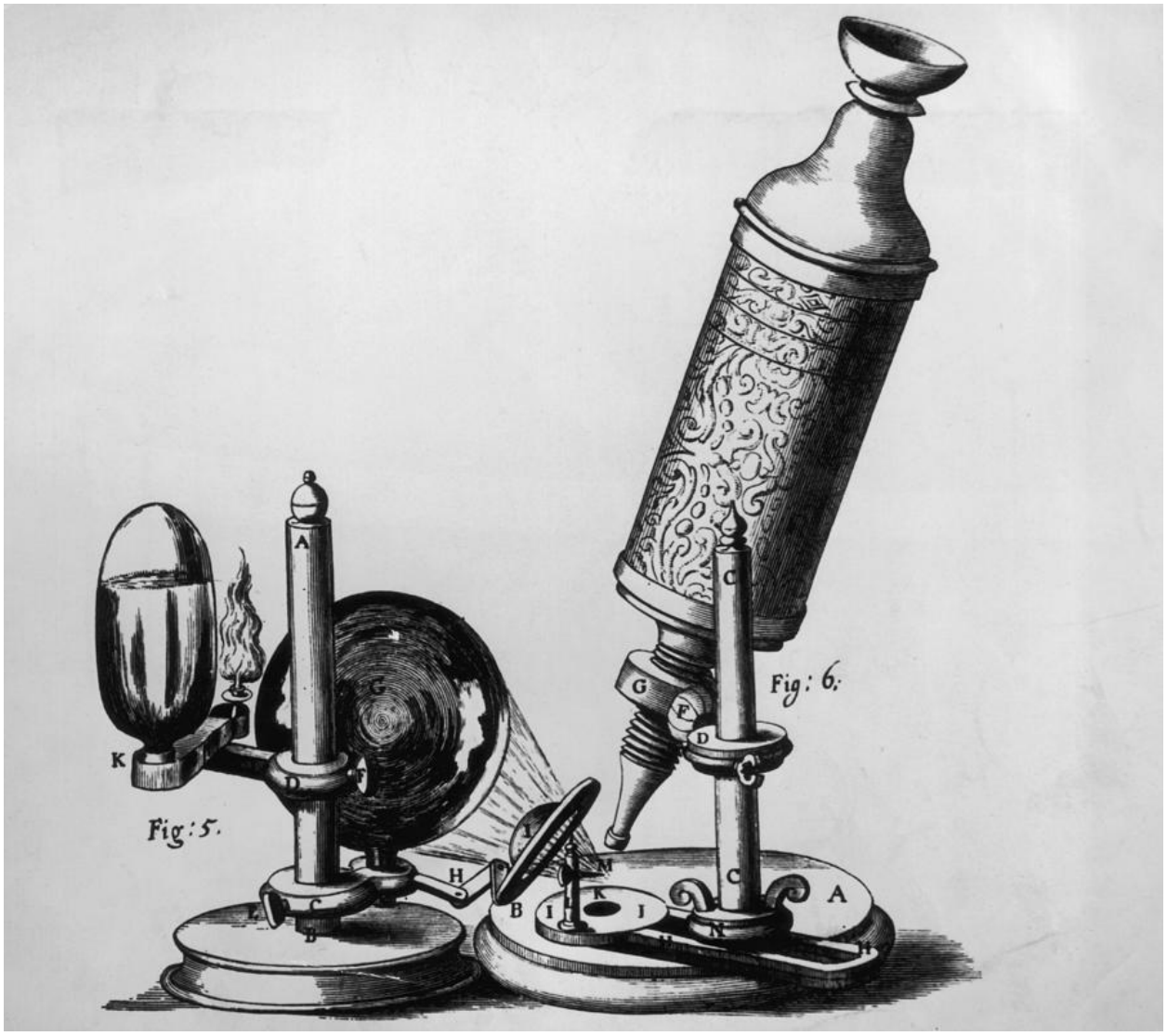
History of the Microscope and Animacules

The history of the microscope is a fascinating journey tracing back to ancient times. This remarkable scientific instrument has played a pivotal role in revolutionizing our understanding of the microscopic world.

The concept of magnification dates back to around 300 BCE when early philosophers theorized about lenses and their ability to enhance visual perception. However, it was not until the late 16th century that the first true microscopes were developed.

One of the first pioneers in microscopy was Antony van Leeuwenhoek, a Dutch scientist and tradesman who, in the late 17th century, crafted single-lens microscopes with incredibly high magnification power. Through careful observations using his handmade microscopes, Leeuwenhoek discovered an astonishing array of microorganisms and other microscopic structures.

Further advancements were made by scientists such as Robert Hooke and Giovanni Battista Amici in the 18th and 19th centuries, respectively. Hooke is credited with coining the term "cell" after his detailed observations of plant tissues under a microscope. Amici, on the other hand, improved lens design and developed compound microscopes capable of producing even greater magnification.



Hookes Microscope

In recent times, technological advancements have led to the development of powerful electron microscopes capable of revealing atomic details. These breakthroughs have paved the way for significant discoveries across various scientific disciplines.

The history of the microscope showcases human ingenuity and curiosity about exploring what lies beyond our naked eye's limitations. Today, this indispensable tool continues to push boundaries in scientific research and facilitates groundbreaking discoveries in fields ranging from medicine to materials science.

History of Dog Domestication

The history of dog domestication is a fascinating subject that spans thousands of years. Dogs have been our faithful companions for centuries, providing us with love, loyalty, and companionship. Understanding the origins and evolution of this special bond between humans and dogs sheds light on the development of our societies and sheds light on the incredible adaptability and intelligence of these remarkable animals.

The process of dog domestication has its roots in ancient times. Archaeological evidence suggests that dogs were first domesticated by humans around 15,000 years ago. They are believed to have descended from wolves, which were gradually tamed and bred for specific traits such as size, temperament, and hunting ability.

Over time, dogs became indispensable to human communities as they served various functions. They assisted in hunting for food, guarded settlements against intruders, herded livestock, provided companionship to their owners, and even played a role in religious ceremonies.

Different breeds emerged as a result of selective breeding practices by civilizations throughout history. Ancient civilizations like the Egyptians revered certain breeds such as the Saluki or Greyhound-like hounds that were associated with nobility. The Romans valued guardian breeds like Mastiffs for their ability to protect properties.

As time passed, dogs' roles expanded beyond practical necessities to becoming beloved family members in many cultures across the globe. In modern times, we witness an ever-increasing diversity in dog breeds developed for different purposes - from working dogs trained for search-and-rescue missions to companion dogs carefully bred for their friendly dispositions.

The history of dog domestication is an ongoing journey filled with stories of mutual trust and shared experiences between humans and canines. By exploring this rich history, we can gain a deeper appreciation for the remarkable bond that exists between us and our four-legged friends.

History of Cat Domestication

The history of cat domestication is an intriguing journey that dates back thousands of years. Cats, known for their independence and grace, have had a significant impact on human civilization throughout history.

The process of domesticating cats began in ancient times, with evidence suggesting that it occurred in the Near East region around 9,000 years ago. As humans transitioned from a nomadic lifestyle to settled agricultural communities, cats played a crucial role in controlling rodent populations attracted to grain stores.

Ancient Egyptians revered and worshipped cats, considering them sacred animals. They were often depicted in art and sculptures, symbolizing protection and fertility. Domesticated cats also played an integral part in Egyptian households as companions and guardians against evil spirits.

From Egypt, the domestication of cats spread gradually throughout the world as civilizations expanded their trade routes. Cats became valuable commodities and were highly sought after by merchants due to their ability to control vermin on ships carrying valuable goods.

In different cultures around the globe, cats held various meanings and were regarded with both reverence and superstition. In medieval Europe, they were associated with witchcraft during times of religious persecution. However, they eventually regained popularity as they proved their worth by protecting crops from pests such as rats during times of plague.

Today, domesticated cats are one of the most popular pets worldwide. With an estimated population of over 600 million, they are cherished for their companionship and unique personalities. The history of cat domestication serves as a testament to our enduring relationship with these captivating creatures.

Understanding how cats transitioned from being wild predators to beloved household companions offers insights into the intricate bond between humans and animals throughout civilization's evolution.

History of Horse Domestication

The history of horse domestication spans thousands of years, with humans forging a deep and enduring connection with these majestic creatures. From the early stages of horse taming to the development of equestrianism and its impact on various civilizations, the story of horse domestication is one that showcases mankind's ingenuity and reliance on these animals.

Horses were first domesticated by humans around 4000 BCE in the Eurasian Steppe, a vast grassland stretching from Eastern Europe to Central Asia. Initially, horses were primarily used for their meat and hides. However, humans quickly recognized their potential as reliable sources of transportation, revolutionizing travel and trade routes.

As civilizations flourished and communication between regions became increasingly important, horses played a crucial role in connecting distant cultures. They enabled the rapid expansion of empires such as those established by the Mongols under Genghis Khan, facilitating both military conquests and cultural exchanges.

Throughout history, horses have been indispensable companions in agriculture, warfare, and exploration. From ploughing fields to pulling chariots and carrying soldiers into battle, their strength and speed have proved invaluable time and time again.

In more recent centuries, with advancements in technology such as trains and automobiles, horses have transitioned from being essential modes of transportation to cherished companions for recreational purposes. Equestrian sports like racing, showjumping, dressage, polo continue to capture our fascination today.

The history of horse domestication is a testament to mankind's ability to form incredible bonds with other species while harnessing their attributes for our benefit. It serves as a reminder of our shared journey alongside these remarkable animals throughout the ages.

History of Farm Animal Domestication

Throughout history, human civilization has relied heavily on the domestication of farm animals to sustain their livelihoods and ensure a stable food supply. The practice of domesticating animals for agricultural purposes dates back thousands of years and has played a pivotal role in shaping the course of human civilization.

The history of farm animal domestication is a fascinating journey that traces back to the Neolithic period, also known as the New Stone Age. It was during this time, approximately 10,000 years ago, that humans transitioned from hunter-gatherer societies to settled agricultural communities. This shift brought about profound changes in human lifestyle and led to the emergence of systematic farming practices.

One of the key milestones in the history of farm animal domestication was the taming of wild boars into pigs by early farmers. This marked the beginning of selective breeding, where humans selectively chose certain traits in animals that were more favorable for their needs. Over time, this led to significant changes in animal behavior and physical characteristics.

The domestication process varied across different regions and cultures around the world. In ancient Mesopotamia (modern-day Iraq), cattle were among the first animals to be domesticated for their meat and milk production. In Egypt, sheep became an integral part of agriculture due to their ability to adapt to arid conditions and provide wool for clothing.

As civilizations advanced, so did our understanding of animal husbandry techniques. The ancient Romans were renowned for their sophisticated breeding programs that produced highly specialized breeds such as war horses or exceptional dairy cattle.

Fast forward to modern times, where industrial farming techniques have revolutionized agriculture on an unprecedented scale. Today's dairy cows produce far more milk than their wild ancestors due to decades-long selective breeding programs aimed at maximizing productivity.

The history of farm animal domestication showcases our ingenuity as a species in harnessing nature's resources for our own survival and progress. By cultivating symbiotic relationships with these creatures over millennia, we have not only met our basic needs of sustenance but also transformed the very fabric of human society.

History of Animal Euthanasia & Sacrifice

The history of animal sacrifice dates back to ancient civilizations and has played a significant role in various cultures throughout time.

Animal sacrifice, the ritualistic act of offering animals to a deity or higher power, has been documented in numerous civilizations, including those of the Egyptians, Greeks, Romans, and Aztecs. These rituals were often seen as a way to communicate with the gods and seek their favor or appeasement.

In many cases, specific animals were chosen for sacrifice based on their symbolism or perceived connection to the divine. For example, in ancient Egypt, cows were often sacrificed because they were associated with fertility and abundance. In contrast, the Greeks commonly offered goats as sacrifices due to their association with agility and vitality.

The reasons behind animal sacrifices varied across cultures. Some believed that offering a sacred animal would ensure fertility and bountiful harvests while others sought protection from natural disasters or victory in battle. Animal sacrifices were also used as a means of purification or atonement for sins committed by individuals or entire communities.

Over time, however, societal attitudes towards animal sacrifice evolved. With advancements in religious and philosophical beliefs, alternative practices emerged that focused more on prayer, meditation, or symbolic gestures rather than physical sacrifices. Today, animal sacrifice is relatively rare in most parts of the world but can still be found within certain cultural contexts.

Understanding the history of animal sacrifice provides valuable insights into our ancestors' beliefs systems as well as the evolution of religious practices over time. It serves as a reminder of humanity's complex relationship with faith and our ongoing quest for spiritual connection.

Veterinary Medicine of Ancient Arabia

In ancient Arabia, veterinary medicine played a crucial role in ensuring the well-being and health of animals across the Arabian Peninsula. The practice of animal care was deeply embedded in the culture and closely tied to the livelihoods and survival of communities.

Veterinary medicine in ancient Arabia encompassed a wide range of traditional healing techniques and knowledge passed down through generations. These practices centered on understanding and treating various ailments that affected domesticated animals such as camels, horses, goats, sheep, and cattle.

Ancient Arab veterinarians had a profound understanding of animal anatomy and were adept at diagnosing illnesses through careful observation. They employed natural remedies derived from plants found in the region to treat conditions ranging from infections to digestive disorders.

Ancient Arabian Veterinary Medicine

These early veterinarians often collaborated closely with local herders and nomadic tribes who relied heavily on their animals for transportation, food production, and trade. Their expertise not only ensured the welfare of individual animals but also contributed to the economic stability of these societies.

The rich history of veterinary medicine in ancient Arabia provides us with valuable insights into how early civilizations cared for their animal companions. It serves as a reminder that our connection with animals transcends time and cultures as we continue to strive for their well-being today.

Veterinary Medicine of the Wild West

The veterinary medicine practices in the wild west may be regarded as primitive, yet they played a crucial role in the health and care of animals during that era. Despite the lack of advanced medical technologies and resources, veterinarians of the wild west were adept at treating various ailments and injuries that afflicted animals in challenging environments.

In those times, veterinary care primarily encompassed basic treatments such as dealing with wounds, fractures, and infections. The limited availability of pharmaceuticals necessitated reliance on natural remedies and herbs for treating common ailments. Furthermore, innovative techniques such as using hot branding irons to cauterize wounds were occasionally employed to prevent infection.

Veterinarians in the wild west faced unique challenges due to vast terrains, limited access to transportation, and scarce resources. They often travelled long distances on horseback or covered wagons to reach remote locations for attending to sick animals. Their expertise was not solely restricted to domesticated livestock; they also attended to injured wildlife encountered during their journeys.

Although veterinary medicine has significantly advanced since then, studying the practices of that era provides valuable insight into the resourcefulness and dedication required when faced with challenging circumstances. Today's veterinarians benefit greatly from these historical accounts as they continue to explore innovative ways to improve animal healthcare amidst diverse environments.

Veterinary Medicine of Ancient India

The field of veterinary medicine in ancient India holds a significant place in the history of medicine and animal care. Ancient India, known for its rich cultural heritage and holistic approach to healthcare, had a sophisticated system for the treatment and well-being of animals.

In ancient texts such as the Charaka Samhita and Sushruta Samhita, there is evidence of comprehensive knowledge about veterinary medicine. These texts provide valuable insights into the practices followed by veterinarians of that time.

Ancient Indian Veterinary Medicine

The knowledge encompassed various aspects such as animal anatomy, physiology, pathology, and treatment methods. Ayurveda, the traditional Indian system of medicine, played a crucial role in veterinary care as well. Herbal remedies and medicinal plants were utilized to treat various ailments in animals.

Furthermore, ancient Indian society recognized the importance of animal welfare and emphasized ethical practices towards animals. Animal hospitals called "pashu-ashramas" were established to provide medical assistance to injured or sick animals.

Studying veterinary medicine in ancient India allows us to appreciate the advancements made by early practitioners and gain insights into their holistic approach towards animal health. While modern veterinary science has evolved significantly since then, exploring historical practices can inspire new perspectives on animal care today.

Veterinary Medicine of Ancient Africa

The veterinary medicine of ancient Africa holds a significant place in the history of veterinary practices. The knowledge and techniques developed by African societies in treating and caring for animals were both remarkable and ahead of their time.

In ancient Africa, the care and treatment of animals were deeply intertwined with daily life and cultural traditions. Tribal communities across the continent relied on their understanding of herbal remedies, incantations, rituals, and spiritual beliefs to heal sick or injured animals.

The ancestors of African veterinarians recognized the connection between human health and animal health, emphasizing the need for balance and harmony within ecosystems. They believed that diseases or ailments affecting animals could have adverse effects on human communities as well.

Ancient African Veterinary Medicine

Traditional African veterinary medicine utilized a wide range of natural resources found within local environments. Medicinal plants, roots, barks, leaves, as well as various animal-derived substances such as oils or secretions were used to create remedies for different ailments.

Ancient African veterinary practices extended beyond mere physical health to encompass aspects such as fertility, reproduction management, livestock breeding selection strategies for desirable traits like speed or strength in working animals.

Modern research has only started scratching the surface when it comes to understanding the depth and complexity of ancient African veterinary medicine. By acknowledging its historical significance and embracing its potential relevance today we can learn from our ancestors' wisdom while integrating modern scientific advancements to ensure animal health and well-being in contemporary society.

Veterinary Medicine of Native America

In ancient America, the practice of veterinary medicine was deeply rooted in the beliefs and traditions of indigenous tribes. These tribes had developed unique and effective methods for treating and healing animals long before the arrival of European settlers.

The veterinary practices of ancient America involved a deep understanding of the natural world and its interconnectedness. Indigenous tribes believed that animals were not just mere creatures but vital members of their communities. As such, they employed various techniques to ensure the health and well-being of their animal companions.

Ancient Native American Veterinary Medicine

One notable aspect of veterinary medicine in ancient America was the use of traditional remedies. These remedies often relied on the knowledge passed down through generations and utilized herbs, plants, and natural substances found within their surrounding environments. Each tribe had its own personalized approach to treating specific ailments or injuries in animals.

Additionally, indigenous healing ceremonies were an important part of veterinary practices among Native American cultures. Shamans or spiritual leaders would perform rituals that aimed to restore balance and harmony not only within an individual animal but also between humans and nature as a whole.

The untapped wealth of knowledge within the field of veterinary medicine in ancient America offers valuable insights into alternative methods for animal healthcare today. By studying these historical practices, we can further our understanding of holistic approaches to animal healing while respecting and appreciating indigenous wisdom that has stood the test of time.

Veterinary Medicine of Ancient China

In ancient China, veterinary medicine played a crucial role in the maintenance of animal health and well-being. Drawing influences from traditional Chinese medicine, ancient Chinese veterinarians developed various practices and remedies to address the healthcare needs of animals.

Ancient Chinese Veterinary Medicine

The practice of veterinary medicine in ancient China encompassed a holistic approach that aimed at restoring balance and harmony within the animal's body. Traditional Chinese medicine principles were applied to diagnose and treat animals using a combination of herbal remedies, acupuncture techniques, and dietary adjustments.

Herbal remedies were commonly used in veterinary treatments during this era. Ancient Chinese veterinarians relied on the usage of specific plants and natural substances to alleviate symptoms or promote healing in animals. These therapies were believed to restore the flow of Qi (vital energy) within the animal's body.

Moreover, acupuncture was another pivotal component in ancient Chinese veterinary medicine. Similar to its application in human healthcare, acupuncture involved inserting small needles into specific points on an animal's body to stimulate energy channels or meridians. This practice was believed to rebalance bodily functions and treat various ailments.

Ancient Chinese Veterinary Medicine (cont.)

The rich history of veterinary medicine in ancient China highlights its significance as an integral part of overall animal care. The knowledge accumulated during this period continues to inform modern-day practices within traditional Chinese veterinary medicine, offering alternative approaches for maintaining animal health and promoting well-being.

Ancient Chinese Veterinary Medicine (cont.)

Ancient Animal Nutrition

Ancient domesticated animal nutrition dates back to the early stages of human civilization. Understanding the diet and nutrition of these ancient animals is crucial in gaining insights into the agricultural practices of our ancestors.

The study of ancient domesticated animal nutrition involves analyzing various factors such as the types of food consumed, feeding practices, and their impact on overall health and productivity. By examining remains, including bones, dental records, and even preserved digestive systems, researchers can piece together information about what these animals ate and how it contributed to their well-being.

Ancient Indian Veterinary Medicine Nutrition

Exploring ancient domesticated animal nutrition offers valuable knowledge for modern-day agricultural practices. The findings can provide a historical context for understanding livestock management strategies and inform improvements in current feeding techniques. Moreover, this research can shed light on dietary comparisons between ancient and modern livestock populations, offering valuable insights into changes in nutritional habits over time.

Ancient Animal Housing

Ancient domesticated animal housing has been a topic of interest for historians and archaeologists. Understanding how early societies housed their domesticated animals provides valuable insights into their way of life, agricultural practices, and the relationship between humans and animals.

Archaeological evidence reveals various forms of ancient domesticated animal housing, ranging from simple structures to complex enclosures. These structures were designed to accommodate different types of animals, such as livestock like cows, sheep, and goats, as well as poultry and smaller animals like rabbits.

The study of ancient domesticated animal housing not only sheds light on the practical aspects of animal management but also reveals cultural aspects such as religious beliefs, social organization, and economic systems. By examining the design and layout of these early animal dwellings, researchers can gain a deeper understanding of how these societies interacted with their environment and utilized animals for sustenance or other purposes.

Medieval Veterinary Medicine & Animal Housing

Separation of the Species Specialties in Veterinary Medicine

Separation of the species in veterinary medicine refers to the practice of specializing in specific animal species within the field of veterinary care. This approach recognizes that different species have unique anatomical, physiological, and behavioral characteristics that require specialized knowledge and expertise for effective diagnosis, treatment, and care.

By separating the species in veterinary medicine, professionals can dedicate their time and resources to become experts in a particular animal group. This specialization allows for more precise and tailored approaches to healthcare, leading to improved outcomes for both domestic and exotic animals.

Veterinary practitioners may choose to specialize in various species such as small companion animals (e.g., dogs, cats), large animals (e.g., horses, cattle), avian species (e.g., birds), or even exotic pets (e.g., reptiles, amphibians). Each specialization requires extensive training and experience to understand the unique medical needs and challenges associated with that particular group.

Ancient Chinese Veterinary Medicine

The Butcher: Veterinary Anatomy & Physiology

In understanding the role of butchers in the meat industry and delving into their historical connection with veterinary anatomy, it becomes evident that a deep understanding of anatomical knowledge is essential. As craftsmen entrusted with the art of meat preparation, butchers have long relied upon their expertise in dissecting animals and understanding the intricate workings of veterinary anatomy.

Throughout history, butchers have played a pivotal role in ensuring quality control and food safety standards within the meat industry. Knowledge of the internal structures of animals allows them to skillfully separate cuts of meat while maintaining food hygiene. This necessitates a comprehensive understanding of veterinary anatomy to identify regions for precise incisions and carve out desirable portions.

The study of veterinary anatomy has evolved over time alongside advancements in scientific research and technology. Today, modern butcher practices incorporate a blend of traditional techniques alongside emerging tools such as imaging technologies that provide insights into animal physiology. This convergence facilitates more efficient slaughter and processing methods while upholding high-quality standards.

By delving into the historical roots shared between butchery and veterinary anatomy, one can gain a deeper appreciation for both fields' interdependency. The dynamic nature of this relationship underscores how advancement in anatomical knowledge has bolstered butchers' skills throughout centuries as guardians of animal welfare and providers of safe nourishment to society.

Ancient Vivisection and Animal Experimentation

The history of animal vivisection is a complex and controversial topic that delves into the realm of scientific experimentation and ethical concerns. Dating back to ancient times, the practice of studying live animals has been employed as a means to understand biological functions and advance medical research.

Throughout history, the use of animals in experiments has sparked debates regarding the moral implications and necessity of such practices. Animal vivisection has played a significant role in medical breakthroughs by providing insights into human physiology and disease progression. However, it has also raised valid concerns over animal rights and welfare.

In understanding the history of animal vivisection, one must consider the historical context in which these experiments were conducted. During periods such as the Renaissance and Scientific Revolution, curiosity for understanding anatomy led scientists to explore live animal dissection as a means to unravel biological mysteries.

Advancements in medical research owe much to early pioneers who utilized animal vivisection as a tool for discovery. From pioneering vaccine developments to understanding organ transplants and surgical procedures, many breakthroughs have emerged from these experiments. Over time, however, societal awareness regarding animal rights has grown alongside scientific progress.

With evolving ethical considerations surrounding animal welfare, alternative methods that reduce or eliminate animal experimentation have gained prominence. Researchers are now encouraged to explore more innovative approaches such as computational modeling or utilizing tissue cultures to minimize reliance on live subjects.

As we reflect on the history of animal vivisection, it is crucial to acknowledge how past practices have shaped our current perception of scientific ethics. Today's researchers face an ongoing challenge - finding a balance between pushing boundaries through medical advancements while ensuring compassion towards all living beings involved in scientific studies.

The history of animal experimentation is a topic that has sparked controversy and ethical discussions throughout the years. The concept of using animals for scientific research has been prevalent for centuries, with its origins dating back to ancient civilizations.

Animal experimentation gained significant momentum during the Scientific Revolution in the 16th and 17th centuries. Scientists such as William Harvey and Robert Boyle conducted experiments on animals to advance their understanding of anatomy, physiology, and other scientific disciplines.

In the 19th century, animal experimentation became more widespread with the establishment of dedicated laboratories and institutions. Prominent figures like Louis Pasteur and Claude Bernard conducted pioneering research on vaccines and physiological processes using animals as their subjects.

The 20th century witnessed both advancements in medical science through animal experimentation, as well as growing concerns regarding animal welfare. The development of anesthesia provided a means to alleviate suffering during experiments, but public awareness grew regarding the ethical implications of such research.

Over time, regulations were established to ensure humane treatment of animals involved in experiments. These regulations vary across countries, reflecting societal values and evolving ethical standards surrounding animal testing.

Today, while alternative methods are being explored to reduce reliance on animal testing, it remains an important tool for medical and scientific advancements. Research using animals has led to breakthroughs in areas such as pharmaceuticals, treatments for diseases, surgical techniques, toxicology studies, and understanding various biological processes.

The history of animal experimentation is complex - acknowledging both its contributions to scientific progress while recognizing the ongoing debate surrounding its ethical considerations.

By balancing innovation with compassion towards animals, society continues to grapple with finding common ground between scientific exploration and humane treatment practices.

Exotic Animal Care of Ancient Rome

Exotic animal caretakers play a vital role in ensuring the wellbeing and welfare of the unique and diverse range of animals housed in the colosseum. These caretakers possess specialized knowledge and skills to provide optimal care for various exotic species, including but not limited to lions, tigers, bears, elephants, and reptiles.

These caretakers are responsible for a wide range of tasks related to the daily care and management of these animals. This includes providing proper nutrition, maintaining clean habitats, monitoring health conditions, administering medication when necessary, implementing enrichment activities to stimulate natural behaviors, and ensuring overall safety protocols are followed.

Their expertise extends beyond basic husbandry duties as they also contribute to important conservation efforts. Exotic animal caretakers work closely with veterinarians and other professionals to create breeding programs aimed at preserving endangered species or contributing to research initiatives that aim to better understand these magnificent creatures.

The role of exotic animal caretakers requires a deep understanding of each animal's individual needs while adhering to ethical guidelines and regulatory standards. Their dedication ensures that these exotic animals receive the best possible care in their captive environment while still allowing them opportunities for physical activity, social interaction with conspecifics when appropriate, mental stimulation and overall well-being.

The tireless efforts of these passionate individuals allow visitors of the colosseum not only an opportunity to witness the beauty and majesty of these animals but also serves as a reminder of our responsibility towards their conservation. The care provided by these dedicated individuals plays an integral role in safeguarding these species for generations to come.

Rise of Artificial Intelligence & Quantum Computing

We are in the ancient times today. The rapid advancements in artificial intelligence (AI) have led to its increasing prominence in various industries, including veterinary medicine. This rise of AI

in veterinary medicine has presented promising opportunities and transformative capabilities for the field.

By leveraging AI technologies, veterinarians can enhance their diagnostic accuracy and efficiency. AI algorithms can analyze vast amounts of medical data, including radiographs, lab results, and patient histories, to assist veterinarians in making more accurate diagnoses. This not only speeds up the diagnostic process but also improves patient care by minimizing errors.

Furthermore, AI has paved the way for innovative solutions such as telemedicine in veterinary medicine. Through telemedicine platforms powered by AI, pet owners can remotely consult with veterinarians and receive expert advice without physically visiting a clinic. This not only increases accessibility for pet owners but also allows veterinarians to reach a wider audience and provide timely assistance.

Another area where AI is making significant strides is in predictive analytics and disease monitoring. Machine learning algorithms can analyze large datasets of animal health records to identify patterns and potential risk factors for diseases. By utilizing this information, veterinary professionals can implement preventive measures and develop targeted treatment plans.

While the integration of AI into veterinary medicine offers numerous benefits, it is important to note that it does not replace the expertise or personal touch provided by veterinarians themselves. Instead, it complements their skills by augmenting their decision-making process with advanced technological capabilities.

In conclusion, the rise of artificial intelligence holds immense potential within veterinary medicine. Through improved diagnostics, enhanced telemedicine platforms, and predictive analytics tools, AI is revolutionizing how veterinarians deliver care to animals while augmenting their own expertise to provide more accurate diagnoses and personalized treatment plans.

The field of veterinary medicine is experiencing significant advancements with the rise of quantum computing. Quantum computing, a powerful technology that leverages the principles of quantum mechanics, has the potential to revolutionize various aspects of veterinary care.

One key area where quantum computing is making a significant impact is in diagnostics and disease detection. With its immense computational power and ability to process complex algorithms, quantum computers can analyze large datasets and identify patterns that traditional computers may struggle with. This enables veterinarians to diagnose diseases more accurately and efficiently, leading to improved treatment outcomes for animals.

Furthermore, quantum computing holds promise for personalized medicine in veterinary care. By utilizing algorithms that consider an individual animal's genetic makeup, lifestyle factors, and environmental influences, veterinarians can tailor treatment plans specifically suited to each patient. This level of precision medicine has the potential to optimize treatment efficacy while minimizing adverse effects.

Another use case for quantum computing in veterinary medicine lies in drug discovery and development. Quantum computers have the capability to simulate molecular structures and interactions at an unprecedented level of detail. This enables researchers to accelerate the process of drug discovery by identifying potential therapeutic compounds more efficiently, ultimately leading to faster development of new treatments for animal ailments.

In conclusion, the rise of quantum computing is opening up new possibilities in veterinary medicine. As this technology continues to evolve, it holds the potential not only to enhance diagnostics and treatment but also pave the way for personalized medicine and expedited drug discovery for our beloved animal companions.

Elimination of the Horse & The Rise of the Car

The elimination of horse transportation in modern times has had a significant impact on the field of veterinary medicine. This shift has been marked by advancements in transportation technology and the subsequent decrease in reliance on horses for travel and labor.

One of the key effects of this change is the reduced demand for equine veterinary services. Prior to the advent of automobiles and other forms of motorized transport, horses played a critical role in both urban and rural settings. They were essential for agriculture, transportation, and recreation, which resulted in a high demand for veterinary care specifically tailored to their needs.

However, with the decline in horse transportation, the demand for equine-focused veterinary services has decreased significantly. Veterinarians once specializing in equine medicine now need to diversify their skills or refocus their practices on other areas of animal healthcare.

Additionally, advancements in non-equine-specific transportation have impacted the distribution and accessibility of veterinary services across different regions. With more efficient modes of travel available, veterinarians are able to reach remote areas faster and provide care to a wider range of animals beyond just horses.

Beginnings of Modern Veterinary Medicine

Furthermore, as horses were commonly used as modes of transport during earlier times, they were prone to injuries and ailments associated with strenuous physical activity. The reduction in reliance on horse transportation has led to a decrease in certain injuries commonly seen among working equines. Consequently, veterinarians have had to adapt their practice accordingly with fewer cases related directly to horse locomotion.

In conclusion, the elimination of horse transportation has had profound effects on veterinary medicine. While it has led to a decreased demand for equine-specific services, it has also allowed veterinarians to broaden their expertise and provide care more efficiently across various species. By understanding these implications, we can better appreciate the evolving landscape within veterinary medicine influenced by changes in societal needs and technological advancements.

When Vets Have Worked On Humans

The idea of veterinarians practicing on humans may seem unconventional, but there have been instances where this cross-disciplinary approach has been explored. While it is important to note that the primary focus of veterinarians is the treatment and care of animals, there have been rare cases where their expertise has been sought in human medicine.

One such instance is in the field of surgical training. Veterinarians possess a strong understanding of anatomy and surgical techniques, honed through years of experience operating on animals. In certain situations, their skills have been utilized to train surgeons in human medicine, particularly in specialized procedures or innovative techniques.

Additionally, there have been cases where veterinarians with expertise in certain medical conditions or diseases have collaborated with human healthcare professionals. Their unique perspective and insights gained from working with animals can potentially contribute to advancements in human medical research and treatment.

However, it is crucial to emphasize that these instances are exceptions rather than the norm. Medical practice regulations typically prohibit veterinarians from treating humans or engaging in practices specific to human healthcare. The role of veterinarians remains dedicated primarily to animal care and well-being.

Overall, while veterinarians practicing on humans may be uncommon, there are limited scenarios where their expertise has been enlisted to benefit specific aspects of human medicine. Nonetheless, it is important for them to adhere to professional standards and work within the purview of their training and qualifications.

1. Knowledge transfer in emergencies: In rare situations where human medical resources are limited or inaccessible, veterinarians may be called upon to provide basic medical care for humans. This could include administering first aid, stabilizing injuries, or delivering emergency medical assistance.

2. Experimental research crossover: In some instances, veterinarians with expertise in research and pharmacology may participate in collaborative studies that involve testing medications or treatments on both animals and humans. Such studies typically adhere to strict ethical guidelines and undergo rigorous review processes.

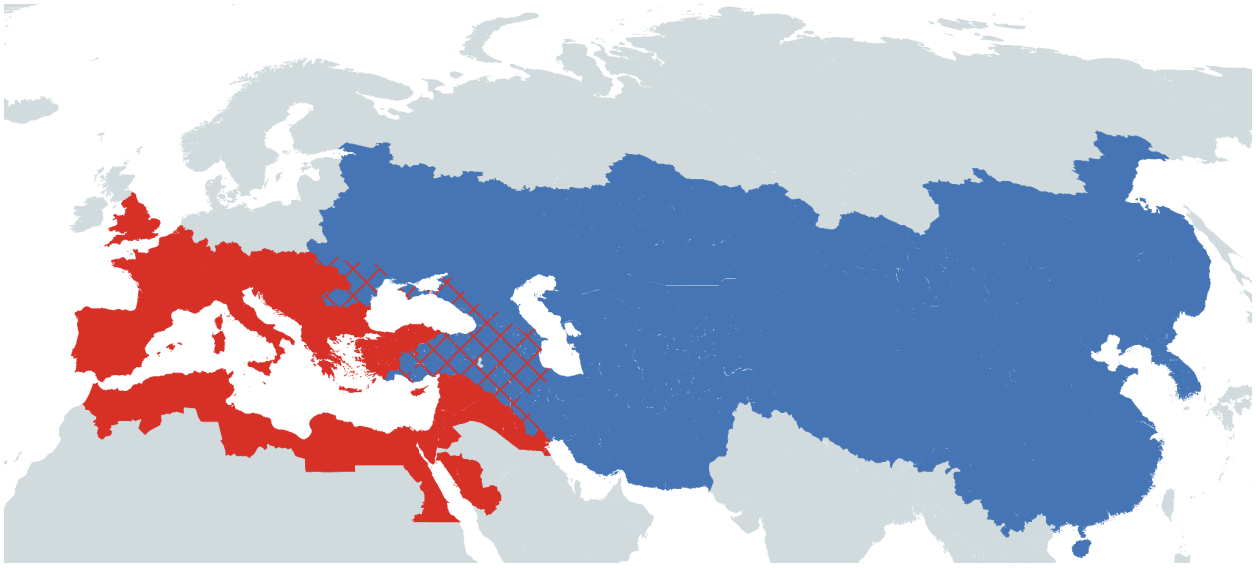
3. Field medicine during disasters: During natural disasters or humanitarian crises, when veterinary teams are deployed to assist affected areas, they may encounter injured individuals who require immediate medical attention. Veterinarians with relevant skills might provide aid until proper medical professionals can arrive.

Ancient Mongolian Horse Medicine

Mongolia, a land known for its vast steppes and nomadic culture, holds a centuries-old tradition of horse medicine. This ancient practice encompasses a wide range of traditional remedies and treatments specifically developed for equine health. As Mongolia has long relied on horses for transportation, herding, and warfare, the well-being of these animals is of utmost importance to the local population.

At the heart of Mongolian horse medicine lies a deep understanding and respect for nature. Herbal remedies made from indigenous plants and minerals are frequently employed to address various ailments and promote overall wellness. These remedies have been passed down through generations, shaping an invaluable body of knowledge that continues to be cherished and utilized in modern times.

The effectiveness of Mongolian horse medicine has gained recognition beyond the country's borders. Equestrians worldwide have started exploring these traditional practices as alternative or complementary therapies for their horses. From treating common conditions such as respiratory issues or skin disorders to more complex challenges like joint problems or digestive disturbances, Mongolian horse medicine offers a holistic approach focusing on long-term healing rather than mere symptomatic relief.



Mongolian Empire (Blue) Compared to Roman Empire (Red) each at Peak Size

The Culling of London during Plague Times

The culling of cats and dogs in London during the plague was a tragic occurrence necessitated by the public health crisis. During this period, measures were taken to control the spread of the disease, which included the unfortunate decision to cull these animals.

The plague, also known as the Black Death, ravaged Europe during the 14th century and had a significant impact on London. As carriers of fleas that carried the disease, cats and dogs were believed to contribute to its spread. In an attempt to mitigate this risk and protect public health, authorities made the difficult decision to cull these animals.

While it is undoubtedly distressing to consider the loss of innocent lives during this time, it is important to understand that such decisions were made with the intention of preventing further outbreaks and protecting human lives. The culling of cats and dogs was a desperate measure taken in response to an unprecedented crisis. In reality the culling of the cat population left the rat population unchecked and since the plague was carried and transmitted to humans by fleas, this made the situation far worse.

It is worth noting that our understanding of disease transmission has evolved significantly since then. Today, we have more effective methods for controlling infectious diseases, such as improved sanitation practices and vaccinations. This historical event serves as a reminder of how far we have come in combating epidemics while highlighting the importance of learning from past experiences.

While discussing such matters can be somber, it is essential for us to reflect upon history so that we may better comprehend our present circumstances and work towards creating a healthier future for all.

Animal Magnetism and Placebo

Animal magnetism, also referred to as Mesmerism or Messmer's animal magnetism, claimed to harness the healing powers of magnetic forces derived from both humans and animals. In this section, we will explore the concept of animal magnetism and delve into its historical context and potential applications in the realm of alternative medicine. By examining its principles and effects, we aim to provide a comprehensive understanding of this intriguing practice.

The history of mesmerism traces back to the 18th century when Franz Anton Mesmer, an Austrian physician, introduced a controversial technique known as animal magnetism. Mesmer believed that there was a natural energy or fluid that flowed within the human body and that imbalances in this energy caused various physical and mental ailments.

The practice of mesmerism gained significant attention during the late 18th and early 19th centuries, with Mesmer's demonstrations drawing large crowds. He would use methods such as hypnotic induction, suggestion, and physical touch to allegedly manipulate this magnetic energy and facilitate healing.

However, due to its controversial nature and lack of scientific evidence, mesmerism faced criticism from established medical communities. Eventually, the concept was refined by other practitioners such as James Braid who coined the term "hypnosis" to describe this state of heightened suggestibility.

German Physician Franz Anton Mesmer 1734 - 1815

Despite its evolution into modern-day hypnotherapy, the historical significance of mesmerism lies in its role as a precursor to understanding subconscious influence and exploring altered states of consciousness. Today, it serves as a foundation for various therapeutic approaches and continues to intrigue researchers studying human behavior and perception.

Ancient Veterinary Crystalmancy

Ancient civilizations have long been fascinated with the use of crystalmancy on animals. Crystalmancy, or the practice of divination using crystals, has been a part of human history for centuries. In ancient times, crystals were believed to possess various properties and energies that could be harnessed for both healing and spiritual purposes.

The use of crystalmancy on animals involved placing specific crystals near or on the animals to promote health, balance, and overall well-being. It was believed that certain crystals had unique abilities to connect with an animal's energy field and help address any imbalances or ailments they may be experiencing.

Crystals such as amethyst were often used for calming anxious animals, while hematite was believed to provide grounding energy for restless or hyperactive creatures. Quartz crystals were commonly employed to amplify an animal's natural energies and enhance their vitality.

The ancient practice of using crystalmancy on animals reflects a deep understanding and respect for the natural world. It showcases an appreciation for the subtle energies that exist within all living creatures and demonstrates our innate desire to nurture and support their well-being.

Despite advancements in modern veterinary medicine, there is still a curiosity regarding ancient practices like crystalmancy in relation to animal care. While scientific evidence may be limited, many pet owners continue to explore alternative approaches to support the health and happiness of their furry companions.

As we delve further into our understanding of crystals and their potential benefits, it is essential to approach this topic with an open mind while respecting both ancient wisdom and contemporary knowledge in order to provide the best possible care for our beloved animal friends.

Ancient Veterinary Radiation

Radiation and its applications have a long history that stretches back to ancient civilizations. One intriguing aspect of this history is the ancient use of radioactive metals on animals. The utilization of these metals in various ways sheds light on the early understanding and experimentation with radiation. From Egyptian times to medieval Europe, civilizations explored the potential effects of radioactive materials on animals.

In ancient Egypt, for example, some historical accounts suggest that priests used small amounts of uranium or other radioactive substances during mummification rituals involving animal remains. These practices were believed to impart spiritual or divine properties on the animals and ensure their safe passage into the afterlife.

Similarly, in medieval Europe, there are records indicating that alchemists and natural philosophers conducted experiments with uranium-containing minerals such as pitchblende or various gemstones infused with trace amounts of radium. Animals would be exposed to these materials in controlled environments to observe any visible changes in their behavior or physical characteristics.

The exact motivations behind these ancient practices are still subjects of speculation and debate among historians and archaeologists. It is possible that early societies were fascinated by the unusual properties exhibited by radioactive materials and sought to harness them for mystical or medicinal purposes.

While our modern understanding of radiation has significantly evolved since then, exploring these ancient uses provides valuable insights into humanity's curiosity and resourcefulness throughout history. It also serves as a reminder of how far we have come in our scientific knowledge regarding the effects and risks associated with radioactivity.

In conclusion, the ancient utilization of radioactive metals on animals is a fascinating aspect within the historical narrative surrounding radiation's early exploration. By studying these practices, researchers gain valuable insights into how past civilizations interacted with this profound phenomenon and laid the foundation for our present-day understanding.

Ancient Veterinary Necromancy

The history of necromancy in animal medicine is a captivating subject that delves into the ancient practices and beliefs surrounding animal healing and spirituality. Necromancy, a term rooted in Greek mythology, refers to the art of communicating with and harnessing the power of deceased beings.

In the realm of animal medicine, necromancy has been a subject of study and experimentation. Practitioners have delved into rituals and practices aimed at gaining insights into animal health, understanding diseases, and finding remedies. These methods often involved summoning spirits or seeking the guidance of deceased animals to provide wisdom and healing.

Throughout different cultures and time periods, various forms of necromantic practices in animal medicine have emerged. From ancient civilizations to medieval Europe, these practices took on unique manifestations but shared a common goal - to tap into supernatural realms for knowledge that could benefit healing methods.

While modern veterinary medicine largely relies on scientific principles and evidence-based approaches, exploring the historical context sheds light on how certain traditions were developed. This knowledge can provide valuable insights into how our understanding of animal health has evolved over time.

Ancient Veterinary Blood Magick

In the realm of animal medicine, the history of blood magick holds a significant place. Blood magick, an ancient practice deeply rooted in folklore and rituals, has long been associated with the healing and mystical properties it possesses.

Throughout history, blood magick has found its application in various cultures and traditions. Ancient civilizations believed that by utilizing the power within blood, they could tap into supernatural energies for both therapeutic and spiritual purposes. Whether it was used to treat ailments or to connect with divine forces, blood magick became an integral part of animal medicine practices.

Animal sacrifices were a common ritualistic aspect of blood magick in many cultures. By offering the vital life force stored within an animal's blood, healers sought to invoke their desired outcome – whether it be physical healing or seeking favor from deity figures associated with animal symbolism.

Today, although modern veterinary practices emphasize evidence-based medicine and scientific approaches, remnants of this ancient practice can still be observed. Some alternative healing modalities such as certain branches of traditional Chinese medicine or indigenous shamanic practices continue to incorporate elements of blood magick in their treatments.

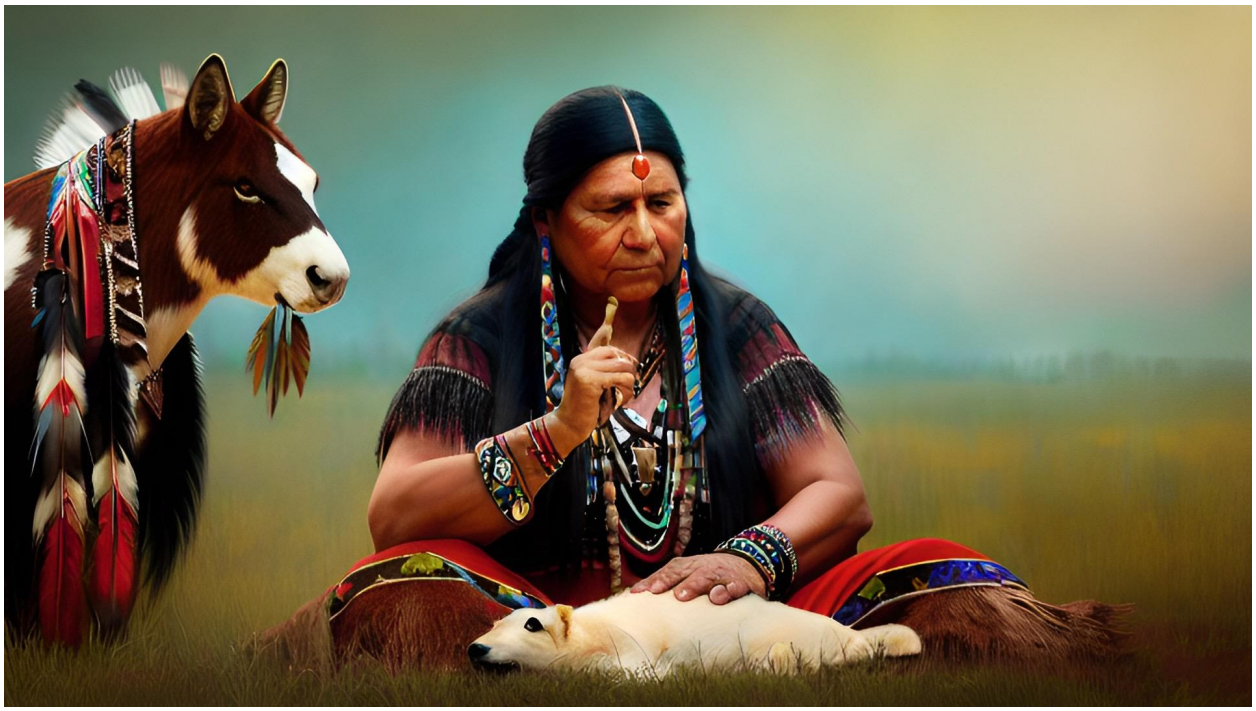
Exploring the history of blood magick in animal medicine sheds light on how our ancestors revered and harnessed the power within these mystical practices. While its significance may have evolved over time, understanding its roots allows us to appreciate the rich tapestry of cultural beliefs that have shaped our modern understanding of animal healing.

Ancient Veterinary Shamanism

Throughout history, shamanism has played a significant role in various indigenous cultures around the world. Central to these spiritual practices is the belief in the interconnectedness of all living beings and the power that animals hold for healing and guidance.

Shamans, revered as spiritual leaders and healers in their communities, have long sought wisdom from the animal kingdom. They believe that animals possess unique qualities and energies that can be harnessed for medicinal purposes. This belief forms the foundation of animal medicine.

Animal medicine refers to the practice of using animal symbolism and characteristics to gain insights into one's own life journey and to facilitate healing on physical, emotional, and spiritual levels. Shamans often engage in rituals such as drumming, chanting, or meditation to establish a connection with their spirit animal or guide.



Native American Animal Healer

The history of shamanism in animal medicine dates back thousands of years and varies across different cultures. In some traditions, shamans undertake vision quests or initiatory ceremonies to receive spirit messages from animals. These messages provide guidance on individual growth, relationships with others, or solutions to life challenges.

Indigenous cultures deeply respect and honor animals as teachers and messengers from the divine realm. The understanding is that animals possess both physical attributes and symbolic meanings that can inform human behavior and decision-making.

Today, while modern society has moved away from traditional shamanic practices in many parts of the world, there has been a growing interest in incorporating aspects of shamanism into holistic healing modalities. The wisdom found within animal medicine continues to inspire individuals seeking deeper connections with themselves, nature, and spirituality

Ancient Veterinary Blood Letting

While ancient use of bloodletting on horses was a common practice, it is important to understand its historical context and significance in veterinary medicine. Bloodletting, the act of intentionally removing blood from the body, was an ancient medical procedure that was believed to restore balance and remove harmful substances from the system. In the case of horses, bloodletting was often employed as a treatment for various ailments and conditions.

The practice of bloodletting on horses dates back centuries, where it was believed to improve circulation, purify the blood, and promote overall health. It was based on the theory that excessive or impure blood could cause disease or imbalance within the body.

Ancient texts and records show evidence of bloodletting being used across different cultures and civilizations. Various methods were employed using sharp instruments to puncture veins or employing leeches to extract blood. These methods were thought to regulate bodily fluids and restore vitality in horses.

As our understanding of equine health has evolved over time, so too has our perception of ancient practices like bloodletting. While once considered a legitimate medical treatment, modern veterinary medicine has highlighted potential risks and limited benefits associated with this practice.

Today, advancements in veterinary science have provided us with more effective and evidence-based treatments for equine health issues. Bloodletting as a therapeutic intervention is rarely practiced in modern horse care due to its potential adverse effects such as anemia, infection or injury.

It is important to recognize that while ancient practices like bloodletting may offer insights into historical medical traditions, they should not be regarded as valid treatments for horse ailments in contemporary equine healthcare. Instead, we should rely on advancements in evidence-based medicine and consult professional veterinarians for appropriate diagnosis and treatment options for our beloved equines.

Ancient Veterinary Acupuncture

The history of acupuncture in veterinary medicine is rich and fascinating. Acupuncture, a practice originating from ancient China, has been used for centuries to promote healing and balance in humans. However, its benefits have also been recognized in the field of veterinary medicine.

Acupuncture is a widely known and ancient practice that has been utilized for centuries in traditional Chinese medicine. While commonly associated with human health care, acupuncture has also been applied to animals, particularly horses. This section delves into the historical use of acupuncture on horses and its relevance in contemporary equine health care.

For thousands of years, acupuncture has played a vital role in maintaining the well-being of humans and animals alike. The application of acupuncture on horses stems from the belief that certain points on their bodies can be stimulated to address various ailments and promote overall equilibrium.

Ancient equestrian cultures recognized the potential benefits of acupuncture for enhancing horse performance and addressing conditions such as musculoskeletal disorders and respiratory issues. Through careful observation and empirical knowledge, practitioners developed techniques specific to equines.

Ancient Chinese Depiction of a Horse

Acupuncture's integration into veterinary care can be traced back several decades. In the 1970s, veterinarians began experimenting with acupuncture techniques on animals with remarkable results. As word spread about its effectiveness in treating various conditions, interest grew among both practitioners and pet owners.

Today, acupuncture is widely practiced as a complementary therapy alongside traditional veterinary treatments. It involves the insertion of thin needles into specific points on an animal's body to stimulate targeted healing responses. Many anecdotal reports and scientific studies have highlighted the positive outcomes that acupuncture can bring to animals suffering from issues such as chronic pain, musculoskeletal disorders, gastrointestinal problems, respiratory disorders, and more.

The increasing acceptance of acupuncture in veterinary medicine has led to the establishment of specialized training programs for veterinarians who wish to incorporate this therapy into their practice. These programs emphasize a comprehensive understanding of traditional Chinese medicine principles and techniques specific to animal anatomy and physiology.

As more research is conducted on the efficacy of acupuncture in veterinary care, it continues to gain recognition as a valuable treatment option for our furry companions. Through ongoing advancements in integrative medicine practices like acupuncture, we continue to broaden our understanding of how best to support the health and well-being of our beloved animals.

Ancient Veterinary Magick

The history of magick is a captivating subject that traces back to ancient civilizations and encompasses various cultures and beliefs. Magick, often spelled with a 'k' to distinguish it from stage magic, refers to the practice of harnessing supernatural forces to bring about desired outcomes or manipulate the natural world.

Through centuries, different forms of magick have emerged across different continents, such as Egyptian magick, Greek and Roman magick, medieval European magick, and indigenous practices from Africa and the Americas. These practices were deeply ingrained in religious rituals, folklore, and spiritual beliefs.

In the past, practitioners of magick were revered as priests, priestesses, or wise individuals who possessed special knowledge and abilities. They utilized diverse techniques including spellcasting, divination (such as tarot reading or scrying), herbal remedies, talismans or amulets for protection or attraction.

Throughout history, there have been both awe-inspiring feats attributed to magickal practices along with controversies surrounding its legitimacy. Despite skepticism from skeptics and religious institutions condemning it as witchcraft or sorcery in some cases.

Understanding the historical roots of magick provides valuable insight into how ancient civilizations sought to make sense of their surroundings through these mystical approaches. Present-day study of the history of magick allows us to appreciate its cultural significance while also shedding light on its ongoing evolution in contemporary practice.

The incorporation of magick in medicine is a topic that has gained significant attention in recent years. Magick, often associated with mystical practices and beliefs, has found its place in various traditional and alternative healing systems.

Magick in medicine encompasses the use of rituals, spells, charms, and other metaphysical techniques to influence healing or improve overall well-being. While this approach may appear unconventional to some, it has been practiced by different cultures throughout history.

In exploring the concept of magick in medicine, we can delve into its various applications and methods. From the use of herbal remedies combined with rituals to energy work and crystal healing, practitioners believe that magick can enhance the effectiveness of medical treatments or even facilitate physical and spiritual healing on its own.

Critics argue that the integration of magick into modern healthcare may lack scientific evidence or logical reasoning. However, proponents argue that magick operates beyond the confines of rationality and taps into wider realms of consciousness and energy.

It is crucial to approach the subject with an open mind while considering both scientific perspectives and anecdotal evidence from those who have experienced the benefits of incorporating magick into their medical practices.

Ancient Veterinary Venomancy

The history of venomancy delves into the ancient practices and beliefs surrounding the use of venom for various purposes. Venom, characterized by its toxic properties and often derived from snakes, scorpions, or other venomous creatures, has historically held a fascinating and diverse role in different cultures and societies.

Throughout history, venomancy has been intertwined with medicinal practices, where venom was utilized for its potential therapeutic properties. Additionally, venom's potent nature led it to be employed in rituals and religious ceremonies as a means of protection or even as a weapon. The study of venomancy also encompasses the exploration of traditional knowledge passed down through generations regarding antidotes and remedies for envenomation.

Understanding the evolution of venomancy requires delving into ancient texts, cultural artifacts, and folklore that depict its usage within specific societies. From ancient Greek mythology to indigenous civilizations in Central America and Southeast Asia, venom's power has captivated human beings across time.

Today, while modern science has provided us with more comprehensive knowledge on toxins and the adverse effects they can have on human health, an appreciation for the historical practices of venomancy can shed light on our ancestral relationships with these deadly substances. By examining this rich history as we navigate current scientific advancements, we are better equipped to comprehend both their potential benefits and dangers to society.

In recent years, there has been an increasing interest in exploring the therapeutic potential of venom-derived compounds in the field of medicine. This emerging area of research, known as venomancy in medicine, aims to harness the bioactive components found in venoms for various therapeutic applications.

Venoms from animals such as snakes, spiders, scorpions, and even marine organisms have long been known for their potent and complex mixtures of proteins and peptides. These substances are responsible for the venom's ability to immobilize prey or deter predators. However, scientists have now discovered that these same compounds can also be utilized for medicinal purposes.

The study of venom-derived compounds has shown promising results in areas such as pain management, cancer treatment, cardiovascular diseases, and neurological disorders. By isolating and purifying specific components from venoms through advanced techniques like chromatography and mass spectrometry, researchers are able to identify potential drug candidates that can be further developed.

The unique characteristics of venom-derived compounds make them valuable tools in drug development. Some have shown remarkable specificity towards certain targets within the body while demonstrating minimal side effects on non-targeted tissues. This targeted approach holds great promise for personalized medicine and could potentially lead to more effective treatments with fewer adverse reactions.

Despite its potential benefits, much work remains to be done in this field. The identification and characterization of venomous species along with thorough toxicity assessments are crucial steps towards ensuring safety and efficacy before these compounds can be used clinically.

In conclusion, venomancy in medicine presents a fascinating avenue for medical research and drug development. By exploring the intricate world of venoms and understanding their potential therapeutic benefits, scientists are opening up new possibilities for innovative treatments that may improve patient outcomes in various healthcare fields.

History of Veterinary Witchcraft

The history of witchcraft is a subject that has captivated the imaginations of many people throughout the centuries. From ancient civilizations to the modern era, witchcraft has held a mysterious allure and a place in folklore and popular culture.

Exploring the origins of witchcraft reveals its deep roots in various cultures, such as ancient Mesopotamia and ancient Egypt, where rituals and beliefs surrounding magic and witches were prominent. The role of witches evolved over time, influenced by societal factors such as religious beliefs and societal fears.

Ancient Egyptian Veterinary Medicine

During the infamous witch hunts of the late Middle Ages and early modern period, particularly in Europe, accusations of witchcraft led to widespread persecution and trials. This dark chapter in history saw countless individuals, predominantly women, being accused of practicing sorcery or making pacts with the Devil.

Fast forward to today, interpretations of witchcraft have become more diverse with various spiritual and religious movements embracing elements associated with witches. The history of

witchcraft serves as a reminder that concepts surrounding magic have continually evolved throughout time while remaining an enduring part of our cultural narrative.

In this section, we will delve into these historical aspects to gain a deeper understanding of how witchcraft has shaped societies across different epochs and regions.

The history of witchcraft is a subject that has captivated the imaginations of many people throughout the centuries. From ancient civilizations to the modern era, witchcraft has held a mysterious allure and a place in folklore and popular culture.

Exploring the origins of witchcraft reveals its deep roots in various cultures, such as ancient Mesopotamia and ancient Egypt, where rituals and beliefs surrounding magic and witches were prominent. The role of witches evolved over time, influenced by societal factors such as religious beliefs and societal fears.

During the infamous witch hunts of the late Middle Ages and early modern period, particularly in Europe, accusations of witchcraft led to widespread persecution and trials. This dark chapter in history saw countless individuals, predominantly women, being accused of practicing sorcery or making pacts with the Devil.

Fast forward to today, interpretations of witchcraft have become more diverse with various spiritual and religious movements embracing elements associated with witches. The history of witchcraft serves as a reminder that concepts surrounding magic have continually evolved throughout time while remaining an enduring part of our cultural narrative.

In this section, we will delve into these historical aspects to gain a deeper understanding of how witchcraft has shaped societies across different epochs and regions.

The First Veterinarian

In tracing the origins of veterinary medicine, it is important to establish who can be identified as the first veterinarian. While the exact individual may be difficult to pinpoint due to the ancient nature of the profession, there are several figures throughout history who are considered pioneers in animal healthcare.

One such figure is Hesy-Ra, an ancient Egyptian known for his expertise in treating animals around 2650 BCE. Hesy-Ra served as a chief dentist and physician during the Third Dynasty of Egypt and inscriptions on his tomb indicate that he also provided medical care for various animals.

Ancient Egyptian Veterinary Medicine

Additionally, ancient Greek civilization significantly contributed to veterinary medicine. Writers such as Xenophon and Vegetius wrote extensively about equine healthcare and management in their works, demonstrating a level of specialized knowledge in animal welfare.

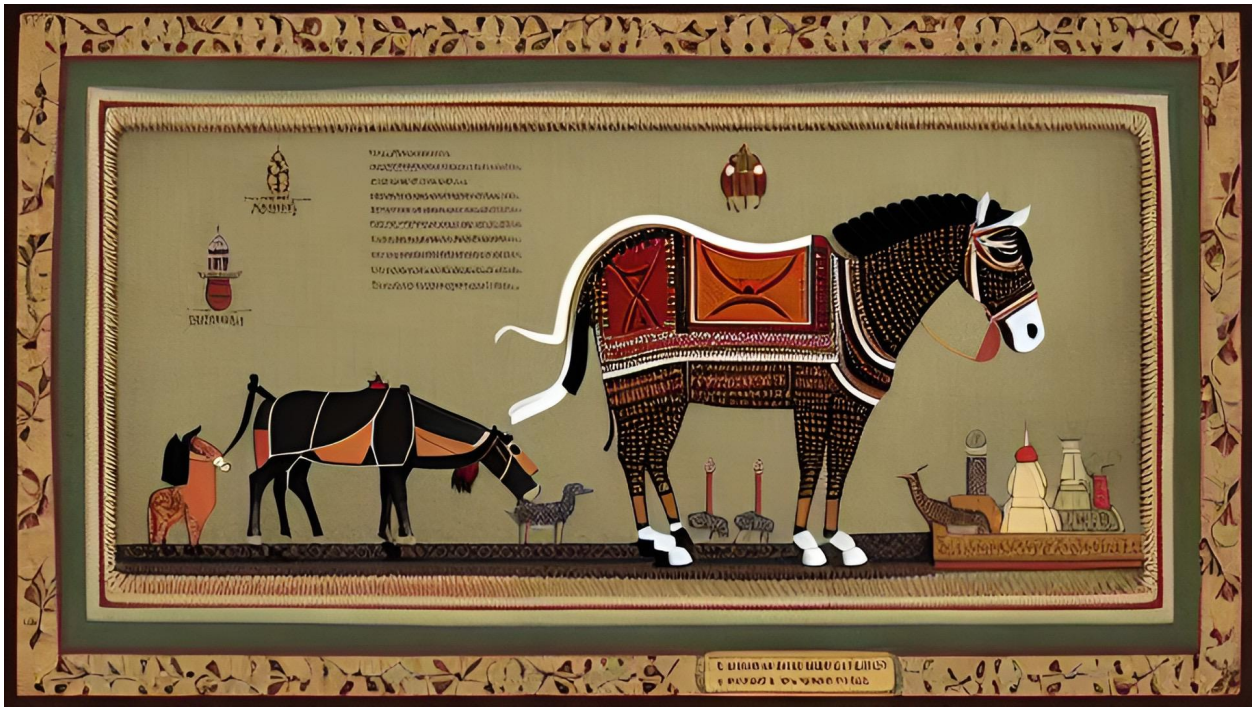
It is crucial to recognize that veterinary medicine has evolved over time, with contributions from various cultures and individuals. Today, veterinary professionals play a vital role in ensuring the health and well-being of animals across diverse species.

Ancient Warfare & Veterinary Medicine

Ancient warfare and veterinary medicine may seem unrelated at first glance, but they share a fascinating connection. In ancient times, when battles were fought primarily on horseback, the health and well-being of these warhorses were of utmost importance. This gave rise to the practice of veterinary medicine in ancient civilizations.

Veterinary medicine in ancient warfare played a crucial role in maintaining the strength and endurance of warhorses. These animals were subjected to rigorous training and often sustained injuries during battles. It was imperative to have skilled veterinarians who could treat these injuries and ensure that the warhorses remained fit for combat.

Ancient civilizations developed various techniques and remedies to address common equine ailments, ranging from broken bones to infections. These early veterinary practices provided valuable knowledge that contributed not only to enhancing the longevity of warhorses but also paved the way for advancements in animal healthcare.



Ancient Veterinary Medicine of Unknown Origin

The significance of veterinary medicine in ancient warfare extended beyond treating individual animals. It also involved preventative measures such as managing nutrition, hygiene, and implementing quarantine procedures to prevent disease outbreaks among the military's equine population.

In summary, while it may be surprising at first glance, there was a deep interconnection between ancient warfare and veterinary medicine. The well-being of warhorses played a critical role in shaping military strategies, emphasizing the importance placed on animal healthcare during times of conflict. Understanding this historical link sheds light on how far we have progressed in modern veterinary science while acknowledging its foundations rooted in ancient civilizations.

Beginning of Modern Veterinary Medicine

The beginning of modern veterinary medicine marks a significant milestone in the field of animal healthcare. Through advancements in medical knowledge, technology, and professional practices, veterinarians have paved the way for the comprehensive care and well-being of animals.

During the emergence of modern veterinary medicine, several key factors played a crucial role in shaping its development. These factors include scientific breakthroughs, such as the discovery of vaccines and antibiotics, which revolutionized the treatment and prevention of diseases in animals. Additionally, improvements in diagnostic tools and techniques enabled veterinarians to make more accurate diagnoses and develop tailored treatment plans for their patients.

Early Modern Small Animal Veterinary Medicine

The establishment of veterinary schools and professional organizations further propelled the field forward. These institutions provided education and training to aspiring veterinarians, ensuring a standard level of expertise across the industry. Furthermore, they facilitated collaboration among professionals and encouraged research to advance veterinary knowledge.

In recent years, there has been a growing recognition of the important role that animals play in our lives, leading to an increased demand for high-quality veterinary care. As a result, modern veterinary medicine continues to evolve with advancements in areas such as surgical techniques, imaging technologies, genetic research, and alternative therapies.

Overall, the beginning of modern veterinary medicine signifies a significant turning point where compassion for animals merged with scientific progress. Today's veterinarians are equipped with an extensive array of tools and knowledge that allows them to provide exceptional care for both domestic pets and wildlife alike.

Ancient One Health Medicine

Throughout history, there have been remarkable doctors who dedicated their lives to providing medical care for both humans and animals. These pioneers in the field of medicine recognized the interconnectedness between human and animal health, and their contributions have had a lasting impact on both species. From ancient civilizations to modern times, the role of doctors in treating humans and animals has evolved, adapting to the needs of each species while advancing medical knowledge and techniques.

These doctors demonstrated a profound understanding of anatomy, physiology, and diseases in both humans and animals. Their expertise extended beyond conventional medical practices, as they recognized the similarities and differences between species - a testament to their ability to adapt their skills for diverse patients.

By studying historical records and manuscripts, we can gain insights into how these doctors employed innovative methods to diagnose, treat, and heal humans and animals alike. Their pioneering efforts paved the way for advancements in medical science that we continue to benefit from today.

Medieval Equine Veterinary Medicine

In this section, we will explore the stories of some notable doctors throughout history who embraced the challenge of caring for both humans and animals. We will delve into their methodologies, achievements, and contributions towards understanding medicine's intrinsic connection within our world's diverse ecosystem. Through examining these notable figures' accomplishments, we can appreciate their invaluable role in shaping healthcare practices across species boundaries.

Ancient human and animal medicine has a long and rich history that spans across cultures and time periods. This branch of medical practice, often referred to as traditional or folk medicine, focuses on the use of natural remedies and techniques to treat ailments in both humans and animals.

Medieval Small Animal Veterinary Medicine

Throughout ancient civilizations, such as the Egyptian, Greek, Chinese, and Native American cultures, various plants, minerals, and animal products were utilized for their perceived medicinal properties. These ancient healing practices were guided by indigenous knowledge passed down through generations.

In ancient human and animal medicine, treatments often involved herbal remedies, acupuncture, massage therapies, spiritual rituals, dietary modifications, and even surgery using

rudimentary tools. Animals were also considered in these medical systems with special attention given to their health through natural remedies.

The use of plants like garlic or chamomile for their antibacterial properties or substances like honey for wound healing are just a few examples of how traditional medicine integrated nature into its practices.

While modern medicine has made significant advancements in terms of research-based evidence and technological innovations in healthcare practices today, ancient human and animal medicine still holds value in certain communities that prefer alternative approaches or have limited access to conventional treatments.

Exploring the history of ancient human and animal medicine not only provides insight into how our ancestors addressed health concerns but also offers an appreciation for our connection with nature's healing potential. In today's world where holistic approaches are gaining popularity again, traditional healing systems serve as a reminder that there is more than one way to promote well-being.

Medieval Veterinary Medicine

Arthrocopeia

"Let food be thy medicine and let medicine be thy food."
- Hippocrates, Father of Medicine (460 BC - 375 BC)

Too long. Too long I have sat by while the name of herbology and botanics are desecrated by the Elders of the House of Medicine. Have they no idea of their own heritage? The medicinal books of old left to dust and decay. They seek to discredit all those who think beyond the pills they are fed by their pharmaceutical corporations. What sort of insane unorthodox professional would dare speak of such medicine outside the opaque capsule of today's strict definition of pharmacology?

Aye. Most periods of history would have me burned at the stake for witchcraft. But, this is no magic, this is science. Undiscovered medicines exist in our world today. Whether it be in the melting permafrost, beneath the oceans' depths, some alien fungus beyond our horizon, or within whatever is left of the burning rainforests. It is our duty to the patient and the future of medicine itself to search for that next great breakthrough. Never shall we accept what is available today as sufficient enough for tomorrow. Medicine does not end with you. You hold the power to change this industry forever. The world is waiting for you. Let us begin.

i. **Abalone**: reported to potentially help anxiety, arthritis, muscle problems, circulation problems, and poor athletic performance.
ii. **Abre Camino** (*Koanophyllon villosum*): reported to potentially help circulation problems, arthritis, and inflammation.
iii. **Acacia** (*Acacia nilotica, Acacia catechu, Acacia modesta*): reported to potentially help arthritis, mobility problems, inflammation, pain, rheumatoid arthritis, and anxiety.
iv. **Acai** (*Euterpe oleracea*): reported to potentially help inflammation, obesity, pain, mobility problems, muscle problems, and arthritis.
v. **Acanthite**: reported to potentially help anxiety, fortitude, protection, and wisdom.
vi. **Acetate of Copper** (Cuprum Aceticum): reported to potentially help pain.
vii. **Acetyl-11-Keto-Boswellic Acid** (AKBA): reported to potentially help anxiety, mobility problems, pain, inflammation, osteoarthritis, rheumatoid arthritis, and bursitis.
viii. **Achondrite**: reported to potentially help anxiety, strength, and vitalization of xeno-energies.
ix. **Achorite**: reported to potentially help anxiety, shield psychic vampires, protection, energy field strength, healing, and illness.

x. **Aci Sivri Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

xi. **Aconite** (*Aconitum napellus, Aconitum cammarum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

xii. **Acorn Squash** (*Cucurbita pepo*): reported to potentially help circulation problems, arthritis, rheumatoid arthritis, osteoarthritis, and inflammation.

xiii. **Adam's Needle** (*Yucca filamentosa*): reported to potentially help arthritis, inflammation, pain, osteoarthritis, and circulation problems.

xiv. **Adrenal Extract**: reported to potentially help rheumatoid arthritis, arthritis, pain, inflammation, and anxiety.

xv. **African Basil** (*Ocimum gratissimum*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

xvi. **African Oil Palm** (*Elaeis guineensis*): reported to potentially help arthritis, osteoarthritis, muscle problems, and rheumatoid arthritis.

xvii. **African Olive** (*Olea cuspidata*): reported to potentially help arthritis, circulation problems, inflammation, and osteoarthritis.

xviii. **African Peach** (*Sarcocephalus missionis*): reported to potentially help arthritis and rheumatoid arthritis.

xix. **African Rue** (*Peganum harmala*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, pain, and circulation problems.

xx. **African Spider Flower** (*Cleome gynandra*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

xxi. **Agarwood** (Oud, *Aquilaria malaccensis, Aquilaria agallocha*): reported to potentially help inflammation, rheumatoid arthritis, pain, and arthritis.

xxii. **Agave Nectar** (*Agave americana*): reported to potentially help anxiety, circulation problems, inflammation, rheumatoid arthritis, obesity, and arthritis.

xxiii. **Agnimanth** (*Premna serratifolia*): reported to potentially help rheumatoid arthritis, inflammation, obesity, arthritis, and pain.

xxiv. **Agrimony** (*Agrimonia spp.*): reported to potentially help inflammation.

xxv. **Ahiflower** (*Buglossoides arvensis*): reported to potentially help inflammation and arthritis.

xxvi. **Air Plant** (*Bryophyllum pinnatum*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

xxvii. **Ají Pepper** (*Capsicum baccatum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

xxviii. **Ajoite**: reported to potentially help anxiety, access to higher realms, destroy negative attributes, inflammation, and healing.

xxix. **Ajwain** (*Trachyspermum ammi, Ptychotis ajowan*): reported to potentially help arthritis, pain, and inflammation.

xxx. **Akalbir** (*Datisca cannabina*): reported to potentially help arthritis and inflammation.

xxxi. **Akhuparni** (*Ipomoea reniformis*): reported to potentially help arthritis, inflammation, and pain.

xxxii. **Alanine** (L-Alanine, Beta-Alanine): reported to potentially help poor athletic performance, inflammation, arthritis, and rheumatoid arthritis

xxxiii. **Alaria** (*Alaria esculenta*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, circulation problems, osteoarthritis, and mobility problems.

xxxiv. **Albacore Tuna** (*Thunnus thynnus.*): reported to potentially help inflammation, circulation problems, arthritis, and pain.

xxxv. **Alcohol**: reported to potentially help pain rheumatoid arthritis, arthritis, pain, circulation problems, and inflammation.

xxxvi. **Aleppo Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

xxxvii. **Alexandrite**: reported to potentially help anxiety, circulation problems, restore energies, inflammation, regeneration, and muscle problems.

xxxviii. **Alfalfa Powder** (*Medicago sativa*): reported to potentially help obesity, arthritis, osteoarthritis, and rheumatoid arthritis.

xxxix. **Alkanet** (*Anchusa hybrida, Anchusa undulata*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

xl. **Alligator Diets/Treats** (*Alligator mississippiensis*): reported to potentially help arthritis, circulation problems, pain, and cartilage degeneration.

xli. **Allspice** (*Pimenta officinalis, Pimenta dioica*): reported to potentially help inflammation, arthritis, muscle fatigue, rheumatoid arthritis, and pain.

xlii. **Almandine**: reported to potentially help anxiety, circulation problems, strength, stamina, and regeneration.

xliii. **Alma Paprika Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

xliv. **Almond** (Sweet Almond, *Prunus dulcis*): reported to potentially help osteoarthritis, pain, arthritis, and inflammation.

xlv. **Aloe** (*Aloe vera, Aloe barbadensis, Aloe indica, Aloe secundiflora*): reported to potentially help rheumatoid arthritis and pain.

xlvi. **Aloe Leaf Cymbidium** (*Cymbidium aloifolium*): reported to potentially help arthritis.

xlvii. **Alpenrose** (*Rhododendron ferrugineum*): reported to potentially help rheumatoid arthritis, pain, and arthritis.

xlviii. **Alpha Amylase**: reported to potentially help arthritis, obesity, and rheumatoid arthritis.

xlix. **Alpha-Carotene**: reported to potentially help circulation problems, arthritis, inflammation, and rheumatoid arthritis.

l. **Alpha-Lipoic Acid** (ALA): reported to potentially help obesity, inflammation, and arthritis.

li. **Altaite**: reported to potentially help anxiety, inflammation, circulation problems, and detection of energy blockages.

lii. **Aluminum** (Alum, Aluminum Acetate, Aluminum Sulfate): reported to potentially help arthritis, rheumatoid arthritis, pain, muscle problems, osteoarthritis, anxiety, and inflammation.

liii. **Amanita Mushroom** (Fly Agaric, *Amanita muscaria*): reported to potentially help arthritis, inflammation, weakness, anxiety, and pain.

liv. **Amargo** (*Quassia amara*): reported to potentially help arthritis and osteoarthritis.

lv. **Amber** (Allingite, Glessum, Lyncurium): reported to potentially help anxiety, pain, inflammation, osteoarthritis, and arthritis.

lvi. **Ambergris** (Ambra Grisea): reported to potentially help rheumatoid arthritis, arthritis, pain, and anxiety.

lvii. **Amblygonite**: reported to potentially help anxiety, healing, and problems of the limbs.

lviii. **American Black Elderberry** (*Sambucus nigra*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

lix. **American Elderberry** (*Sambucus canadensis*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

lx. **American Ginseng** (*Panax quinquefolius*): reported to potentially help anxiety, rheumatoid arthritis, poor athletic performance, pain, inflammation, and arthritis.

lxi. **American Hop Hornbeam** (*Ostrya virginiana*): reported to potentially help pain, arthritis, rheumatoid arthritis, and muscle problems.

lxii. **American Mandrake** (*Podophyllum peltatum*): reported to potentially help arthritis and pain.

lxiii. **American Mountain Ash** (*Pyrus americanus*): reported to potentially help rheumatoid arthritis.

lxiv. **American Pennyroyal** (*Hedeoma pulegioides*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

lxv. **American Pokeweed** (*Phytolacca decandra*): reported to potentially help inflammation and arthritis.

lxvi. **American Spikenard** (*Aralia racemosa*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, and pain.

lxvii. **American Wahoo** (*Euonymus atropurpurea*): reported to potentially help inflammation, pain, arthritis, and rheumatoid arthritis.

lxviii. **American White Hellebore** (*Veratrum viride*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and circulation problems.

lxix. **American White Water Lily** (*Nymphaea odorata*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

lxx. **Amethyst**: reported to potentially help anxiety, arthritis, pain, circulation problems, osteoarthritis, and healing.

lxxi. **Amla** (*Emblica officinalis*): reported to potentially help muscle degeneration and connective tissue degeneration.

lxxii. **Ammolite**: reported to potentially help anxiety, vitality, and circulation problems.

lxxiii. **Ammonium Bromide** (Ammonium Bromatum): reported to potentially help pain and obesity.

lxxiv. **Amnion of Chicken Egg** (*Ovi gallinae pellicula*): reported to potentially help pain and arthritis.

lxxv. **Amyris** (*Amyris balsamifera*): reported to potentially help inflammation, pain, and arthritis.

lxxvi. **Ancho Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

lxxvii. **Anchovy** (*Engraulidae spp.*): reported to potentially help inflammation, circulation problems, arthritis, and pain.

lxxviii. **Andean Alder** (*Alnus arguta*): reported to potentially help inflammation, arthritis, pain, obesity, and osteoarthritis.

lxxix. **Andiroba** (*Carapa guianensis*): reported to potentially help inflammation, arthritis, muscle problems, and pain.

lxxx. **Andradite**: reported to potentially help anxiety, circulation problems, poor athletic performance, arthritis, rheumatoid arthritis, and pain.

lxxxi. **Angelica Root** (*Angelica archangelica*): reported to potentially help circulation problems, arthritis, rheumatoid arthritis, anxiety, and pain.

lxxxii. **Angelite**: reported to potentially help anxiety, pain, inflammation, circulation problems, joint problems, and obesity.

lxxxiii. **Angel Wings** (*Caladium bicolor*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

lxxxiv. **Angel's Trumpet** (*Datura arborea*): reported to potentially help arthritis, inflammation, pain, muscle problems, and rheumatoid arthritis.

lxxxv. **Angleton Grass** (*Ranunculus pedatus*): reported to potentially help inflammation.

lxxxvi. **Angostura** (*Angostura vera*): reported to potentially help muscle problems, pain, arthritis, rheumatoid arthritis, osteoarthritis, and mobility problems.

lxxxvii. **Anise** (*Pimpinella anisum*): reported to potentially help rheumatoid arthritis, muscle problems, pain, and anxiety.

lxxxviii. **Aniseed Myrtle** (*Syzygium anisatum*): reported to potentially help arthritis, rheumatoid arthritis, pain, and anxiety.

lxxxix. **Annatto** (*Bixa orellana*): reported to potentially help inflammation, pain, and arthritis.

xc. **Anneslea** (*Anneslea cordifolia*): reported to potentially help arthritis and pain.

xci. **Anthracinum** (Diseased Spleen of Sheep): reported to potentially help arthritis, pain, and inflammation.

xcii. **Anthrakokali** (Anthracite Coal Dissolved in Boiling Caustic Potash): reported to potentially help arthritis, rheumatoid arthritis, and pain.

xciii. **Antigorite**: reported to potentially help anxiety, cell regeneration, and strength.

xciv. **Antimony**: reported to potentially help anxiety, inflammation, and protection.

xcv. **Antimony Trisulphide** (Antimonium Crudum): reported to potentially help rheumatoid arthritis and pain.

xcvi. **Antique Spurge** (*Euphorbia antiquorum*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

xcvii. **Antlers** (*Cervidae spp.*): reported to potentially help inflammation, arthritis, cartilage degeneration, and osteoarthritis.

xcviii. **Ant Venom** (*Formicidae spp.*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

xcix. **Apatite**: reported to potentially help pain and anxiety, cell regeneration, healing, awaken inner self, cleansing aura, amplification of reasoning, muscle problems, arthritis, and cartilage regeneration.

c. **Apophyllite**: reported to potentially help arthritis, inflammation, connection to higher dimensions, fatigue, cosmic questing, and regeneration.

ci. **Apple** (*Malus domestica*): reported to potentially help pain, muscle problems, rheumatoid arthritis, inflammation, obesity, circulation problems, arthritis, and osteoarthritis.

cii. **Apple Cider Vinegar** (*Malus domestica*): reported to potentially help muscle problems, arthritis, inflammation, obesity, circulation problems.

ciii. **Apricot** (*Prunus armeniaca*): reported to potentially help arthritis, osteoarthritis, inflammation, rheumatoid arthritis, pain, and circulation problems.

civ. **Aptovina** (*Sambucus ebulus*): reported to potentially help rheumatoid arthritis and pain.

cv. **Aquamarine**: reported to potentially help anxiety, pain, and inflammation.

cvi. **Arabian Senna** (*Senna alexandrina*): reported to potentially help joint problems and pain.

cvii. **Arabic Gum** (*Acacia senegal*): reported to potentially help pain, inflammation, and obesity.

cviii. **Arabinogalactan**: reported to potentially help rheumatoid arthritis, inflammation, and arthritis.

cix. **Arachidonic Acid** (ARA): reported to potentially help arthritis, tendonitis, bursitis, osteoarthritis, pain, and circulation problems.

cx. **Aragonite**: reported to potentially help anxiety, arthritis, pain, cell regeneration, osteoarthritis, and healing.

cxi. **Arbol del Peru** (*Schinus molle*): reported to potentially help rheumatoid arthritis and pain.

cxii. **Arborvitae** (*Thuja spp.*): reported to potentially help anxiety, inflammation, arthritis, and mobility problems.

cxiii. **Arctigenin** (ARC): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

cxiv. **Areca Palm** (*Areca catechu*): reported to potentially help arthritis, inflammation, obesity, and rheumatoid arthritis.

cxv. **Argan** (*Argania spinosa*): reported to potentially help circulation problems, arthritis, inflammation, rheumatoid arthritis, osteoarthritis, and pain.

cxvi. **Argentine Peppercress** (*Lepidium bonariense*): reported to potentially help rheumatoid arthritis and pain.

cxvii. **Arginine** (L-Arginine, AKG): reported to potentially help circulation problems, inflammation, rheumatoid arthritis, arthritis, and osteoarthritis.

cxviii. **Aridan** (*Tetrapleura tetraptera*): reported to potentially help inflammation, arthritis, and circulation problems.

cxix. **Arnica Root** (*Arnica montana*): reported to potentially help inflammation, arthritis, and pain.

cxx. **Arrowleaf Dock** (*Rumex hastatus*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cxxi. **Arrowleaf Sida** (*Sida rhombifolia*): reported to potentially help arthritis and inflammation.

cxxii. **Arrowleaf Tear-Thumb** (*Polygonum sagittatum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cxxiii. **Arsenic Trioxide** (Arsenicum Album): reported to potentially help pain, inflammation, arthritis, and rheumatoid arthritis.

cxxiv. **Arsenic Trisulphide** (Arsenicum Sulphuratum Flavum): reported to potentially help rheumatoid arthritis and pain.

cxxv. **Artichoke** (*Cynara scolymus*): reported to potentially help arthritis, pain, osteoarthritis, and circulation problems.

cxxvi. **Arugula** (*Eruca vesicaria sativa*): reported to potentially help arthritis, pain, obesity, circulation problems, and inflammation.

cxxvii. **Asarabacca** (*Asarum europaeum*): reported to potentially help inflammation, arthritis, and pain.

cxxviii. **Ashwagandha** (KSM-66, *Withania somnifera*): reported to potentially help arthritis, inflammation, anxiety, circulation problems, muscle degeneration, poor athletic performance, and rheumatoid arthritis.

cxxix. **Asian Gooseberry** (*Ribes alpestre, Ribes orientale*): reported to potentially help rheumatoid arthritis, arthritis, pain, and inflammation.

cxxx. **Asian Poison Bulb** (*Crinum asiaticum*): reported to potentially help arthritis, osteoarthritis, inflammation, and rheumatoid arthritis.

cxxxi. **Asian Water-Willow** (*Justicia gendarussa*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and anxiety.

cxxxii. **Asiatic Dock** (*Rumex tianschanicus*): reported to potentially help arthritis, rheumatoid arthritis, pain, osteoarthritis, and inflammation.

cxxxiii. **Asoka Tree** (*Saraca asoca, Jonosia asoca*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

cxxxiv. **Aspartic Acid** (D-AA, L-AA): reported to potentially help muscle fatigue, poor athletic performance, and muscle weakness.

cxxxv. **Assamese** (*Eugenia operculata*): reported to potentially help arthritis, pain, rheumatoid arthritis, and circulation problems.

cxxxvi. **Assyrian Plum** (*Cordia myxa*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and circulation problems.

cxxxvii. **Astaxanthin**: reported to potentially help pain, rheumatoid arthritis, arthritis, inflammation, and muscle fatigue.

cxxxviii. **Asthma Weed** (*Chamaesyce hirta*): reported to potentially help rheumatoid arthritis, osteoarthritis, arthritis, and pain.

cxxxix. **Atlantic Mackerel** (*Scomber scombrus*): reported to potentially help inflammation, circulation problems, arthritis, and pain.

cxl. **Atriplex** (*Atriplex crassifolia*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and circulation problems.

cxli. **Atwe** (*Hygrophila spinosa*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

cxlii. **Australian Cowplant** (*Gymnema sylvestre*): reported to potentially help rheumatoid arthritis, circulation problems, and inflammation.

cxliii. **Australian Cypress** (*Cupressus australis*): reported to potentially help arthritis and inflammation.

cxliv. **Austrian Pine** (*Pinus australis*): reported to potentially help arthritis.

cxlv. **Autunite**: reported to potentially help anxiety, circulation problems, amplification of crystal power, and regeneration.

cxlvi. **Aventurine**: reported to potentially help anxiety, inflammation, circulation problems, pain, and muscle problems.

cxlvii. **Avocado/Soybean Unsaponifiables** (ASU, *Persea americana/Glycine max*): reported to potentially help inflammation, pain, arthritis, and osteoarthritis.

cxlviii. **Avocado** (*Persea gratissima*): reported to potentially help inflammation, osteoarthritis, cartilage problems, pain, and arthritis.

cxlix. **Axinite**: reported to potentially help anxiety, muscle problems, mobility problems, healing, strength, endurance, vitality, and interdimensional travel.

cl. **Azurite** (Chessylite): reported to potentially help anxiety, amplification of healing abilities, healing, joint problems, circulation problems, and enhance inner vision.

cli. **Babassu** (*Orbignya oleifera*): reported to potentially help arthritis, muscle fatigue, obesity, osteoarthritis, and pain.

clii. **Babchi** (*Psoralea corylifolia*): reported to potentially help arthritis, inflammation, muscle problems, and osteoarthritis.

cliii. **Babool** (*Vachellia nilotica*): reported to potentially help arthritis, mobility problems, inflammation, pain, rheumatoid arthritis, and anxiety.

cliv. **Baboon** (*Papio spp.*): reported to potentially help arthritis, pain, and inflammation.

clv. **Baboon Wood** (*Virola surinamensis*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.

clvi. **Babuna** (*Cotula anthemoides*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

clvii. ***Bacillus coagulans***: reported to potentially help inflammation and pain.

clviii. ***Bacillus subtilis***: reported to potentially help inflammation and obesity.

clix. **Bacuri Butter** (*Platonia insignis*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

clx. **Bada Peelu** (*Salvadora oleoides*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

clxi. **Badiaga** (*Spongilla fluviatilis*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

clxii. **Bael** (*Aegel marmolosa*): reported to potentially help arthritis, inflammation, circulation problems, and rheumatoid arthritis.

clxiii. **Bajiaolian** (*Dysosma pleianthum*): reported to potentially help arthritis, inflammation, and weakness.

clxiv. **Baker's Yeast** (*Torula cerevisiae*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

clxv. **Baking Soda** (Bicarbonate): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

clxvi. **Balanites** (*Balanites glabra*): reported to potentially help rheumatoid arthritis and pain.

clxvii. **Balloon Vine** (*Cardiospermum halicacabum*): reported to potentially help arthritis, pain, inflammation, anxiety, and rheumatoid arthritis.

clxviii. **Balm of Gilead** (*Populus balsamifera*): reported to potentially help pain and inflammation.

clxix. **Balsam Fir** (*Abies balsamea, Pinus balsamea*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, pain, inflammation, and obesity.

clxx. **Balsam Poplar** (*Populus candicans*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

clxxi. **Bamboo** (*Bambusa vulgari*): reported to potentially help rheumatoid arthritis, arthritis, inflammation, and pain.

clxxii. **Banaba** (*Lagerstroemia speciosa*): reported to potentially help pain, inflammation, arthritis, and obesity.

clxxiii. **Banana** (*Musa acuminata*): reported to potentially help obesity, circulation problems, inflammation, rheumatoid arthritis, and arthritis.

clxxiv. **Banana Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

clxxv. **Banded Button Orchid** (Rasna, *Acampe wightiana, Acampe praemorsa, Acampe excavata*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

clxxvi. **Bandicoot Berry** (*Leea indicum*): reported to potentially help arthritis, rheumatoid arthritis, pain, osteoarthritis, and anxiety.

clxxvii. **Baneberry** (*Actaea spicata*): reported to potentially help arthritis, pain, mobility problems, rheumatoid arthritis, inflammation, and muscle weakness.

clxxviii. **Banjh Oak** (*Quercus leucotrichophora*): reported to potentially help inflammation and arthritis.

clxxix. **Banyan Tree** (*Dorstenia barteri*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

clxxx. **Baobab Tree** (*Adansonia digitata*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, pain, and inflammation.

clxxxi. **Barbados Nut** (*Jatropha isabelle*): reported to potentially help arthritis, osteoarthritis, inflammation, rheumatoid arthritis, and pain.

clxxxii. **Barbasco** (*Dioscorea spp.*): reported to potentially help pain and rheumatoid arthritis.

clxxxiii. **Barberry** (*Berberis asiatica, Berberis petiolaris, Berberis vulgaris, Berberis brandisiana, Berberis baluchistanica, Berberis pseudumbellata*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, osteoarthritis, and circulation problems.

clxxxiv. **Barium Aceticum** (Baryta Acetica): reported to potentially help arthritis, muscle problems, rheumatoid arthritis, and pain.

clxxxv. **Barley** (*Hordeum vulgare*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

clxxxvi. **Basil** (Sweet Basil, *Ocimum basilicum, Ocimum americanum*): reported to potentially help inflammation and arthritis.

clxxxvii. **Bastnaesite**: reported to potentially help anxiety, knowledge of the natural world, healing, and herbal healing.

clxxxviii. **Batoko Plum** (*Flacourtia sepiaria*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

clxxxix. **Bay** (*Pimenta racemosa*): reported to potentially help circulation problems, muscle problems, and pain.

cxc. **Bayetilla** (*Hamelia patens*): reported to potentially help inflammation and pain.

cxci. **Bay Leaf** (Laurel, *Laurus nobilis*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

cxcii. **Bay Rum** (*Pimenta racemosa*): reported to potentially help pain, anxiety, arthritis, rheumatoid arthritis, muscle problems, and muscle fatigue.

cxciii. **Bay Willow** (*Salix pentandra*): reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, inflammation, and muscle problems.

cxciv. **Beach Morning Glory** (*Ipomoea pescaprae*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

cxcv. **Bean** (Black Bean, Pinto Bean, Kidney Bean, Cranberry Bean, Red Bean, White Bean, Navy Bean, *Phaseolus vulgaris*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

cxcvi. **Bearberry** (*Arctostaphylos uva-ursi*): reported to potentially help inflammation, arthritis, and pain.

cxcvii. **Bear Bile** (*Ursus spp.*): reported to potentially help inflammation and pain.

cxcviii. **Ursodeoxycholic Acid** (UDCA): reported to potentially help inflammation, cartilage degeneration, rheumatoid arthritis, and pain.

cxcix. **Beard Lichen** (*Usnea barbata*): reported to potentially help inflammation, arthritis, and pain.

cc. **Beautyberry** (*Callicarpa macrophylla*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

cci. **Bedda Nut Tree** (*Terminalia belerica*): reported to potentially help arthritis, inflammation, and pain.

ccii. **Beechdrops** (*Epiphegus virginiana*): reported to potentially help pain.

cciii. **Beechwood Sickener** (*Russula emetica, Agaricus emeticus*): reported to potentially help arthritis, and inflammation.

cciv. **Beef & Bison Diets/Treats** (*Bos spp.*): reported to potentially help inflammation, arthritis, and circulation problems.

ccv. **Beef & Bison Bladder** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccvi. **Beef & Bison Bone Broth** (*Bos taurus, Bos indicus*): reported to potentially help inflammation, osteoarthritis, arthritis, and pain.

ccvii. **Beef & Bison Cheek** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccviii. **Beef & Bison Esophagus** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccix. **Beef & Bison Gullet** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccx. **Beef & Bison Liver** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccxi. **Beef & Bison Lung** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccxii. **Beef & Bison Pizzle** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccxiii. **Beef & Bison Ribs** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccxiv. **Beef & Bison Tripe** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, inflammation, and circulation problems.

ccxv. **Beef's Gall** (*Bos taurus*): reported to potentially help inflammation, osteoarthritis, and pain.

ccxvi. **Bee Pollen** (*Apis spp.*): reported to potentially help muscle problems, arthritis, pain, obesity, and circulation problems.

ccxvii. **Bee Sting Bush** (*Azima tetracantha*): reported to potentially help arthritis, inflammation, and pain.

ccxviii. **Beeswax** (*Apis spp.*): reported to potentially help inflammation, osteoarthritis, arthritis, obesity, muscle problems, and rheumatoid arthritis.

ccxix. **Beetle** (*Palembus ocularis*): reported to potentially help arthritis.

ccxx. **Bee Venom** (*Anthophila spp.*): reported to potentially help inflammation, arthritis, pain, rheumatoid arthritis, and osteoarthritis.

ccxxi. **Bell Pepper** (Sweet Red Pepper, Sweet Yellow Pepper, Sweet Green Pepper, *Capsicum annuum*): reported to potentially help cartilage problems, circulation problems, osteoarthritis, pain, inflammation, and rheumatoid arthritis.

ccxxii. **Bell Rhododendron** (*Rhododendron campanulatum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

ccxxiii. **Longhorn Beetle** (*Apriona germari, Apriona chinensis*): reported to potentially help inflammation, circulation problems, and pain.

ccxxiv. **Snout Beetle** (*Cyrtotrachelus longimanus*): reported to potentially help arthritis and pain.

ccxxv. **Rove Beetle** (*Paederus fuscipes*): reported to potentially help pain.

ccxxvi. **Scarab Beetle** (*Alissonotum impressicolle, Gymnopleurus mopsus*): reported to potentially help inflammation, anxiety, and pain.

ccxxvii. **Horned Beetle** (*Allomyrina dichotoma*): reported to potentially help inflammation, anxiety, and pain.

ccxxviii. **Leaf Chafer** (*Anomala corpulenta, Anomala cupripes, Anomala exoleta*): reported to potentially help inflammation, anxiety, and pain.

ccxxix. **Dung Beetle** (*Catharsius molossus, Catharsius pithecius, Onitis subopacus*): reported to potentially help inflammation, anxiety, and pain.

ccxxx. **Rhinoceros Beetle** (*Pentodon quadridens, Xylotrupes dichotomus*): reported to potentially help inflammation, anxiety, and pain.

ccxxxi. **Sacred Scarab Beetle** (*Scarabaeus sacer*): reported to potentially help inflammation, anxiety, and pain.

ccxxxii. **Scarab** (*Trematodes tenebrioides*): reported to potentially help inflammation, anxiety, and pain.

ccxxxiii. **Chafer** (*Holotrichia titanis, Holotrichia diomphalia, Holotrichia morosa*): reported to potentially help inflammation, anxiety, and pain.

ccxxxiv. **Brown Chafer** (*Holotrichia sauteri*): reported to potentially help inflammation, anxiety, and pain.

ccxxxv. **Flower Chafer** (*Protaetia brevitarsis, Protaetia orientalis*): reported to potentially help inflammation, anxiety, and pain.

ccxxxvi. **Northeast Block Chafer** (*Heliocopris diomphalia*): reported to potentially help inflammation, anxiety, and pain.

ccxxxvii. **Mulberry Chafer** (*Oxycetonia jucunda*): reported to potentially help inflammation, anxiety, and pain.

ccxxxviii. **Earth Boring Dung Beetle** (*Phelotrupes laevistriatus*): reported to potentially help pain, inflammation, and anxiety.

ccxxxix. **Bellyache Bush** (*Jatropha glandulifera*): reported to potentially help arthritis.

ccxl. **Bengal Almond** (*Trewia nudiflora*): reported to potentially help arthritis and rheumatoid arthritis.

ccxli. **Bengal Currant** (*Carissa carandas*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

ccxlii. **Bengali Nalakashina** (*Smithia sensitiva*): reported to potentially help arthritis, inflammation, and mobility problems.

ccxliii. **Benzoate of Ammonia** (Ammonium Benzoicum): reported to potentially help inflammation, pain, and joint problems.

ccxliv. **Benzoic Acid**: reported to potentially help arthritis and pain.

ccxlv. **Benzoin** (*Styrax benzoin*): reported to potentially help inflammation, rheumatoid arthritis, arthritis, pain, inflammation, and anxiety.

ccxlvi. **Berberine**: reported to potentially help osteoarthritis, rheumatoid arthritis, muscle problems, arthritis, and inflammation.

ccxlvii. **Bergamot** (*Citrus bergamia*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

ccxlviii. **Bergamot Mint** (*Mentha aquatica*): reported to potentially help anxiety, pain, arthritis, and rheumatoid arthritis.

ccxlix. **Bermuda Grass** (*Cynodon dactylon*): reported to potentially help arthritis, obesity, and inflammation.

ccl. **Berro** (*Nasturtium acuaticum*): reported to potentially help inflammation and pain.

ccli. **Bertrandite**: reported to potentially help anxiety, joint problems, and psychic communication.

cclii. **Beryl**: reported to potentially help anxiety, joint problems, mobility problems, muscle problems, pain, and purifying the body.

ccliii. **Beta-Alanine**: reported to potentially help muscle fatigue, muscle degeneration, poor athletic performance, arthritis, rheumatoid arthritis, and muscle problems.

ccliv. **Beta-Carotene**: reported to potentially help circulation problems, arthritis, inflammation, and rheumatoid arthritis.

cclv. **Beta-Caryophyllene**: reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and bursitis.

cclvi. **Beta-Cryptoxanthin**: reported to potentially help circulation problems, arthritis, inflammation, and rheumatoid arthritis.

cclvii. **Betafite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, inflammation, osteoarthritis, and pain.

cclviii. **Beta-Glucans** (Beta-1,3/1,6 Glucans, Beta-1,3/1,4 Glucans): reported to potentially help mobility problems, inflammation, arthritis, pain, obesity, and rheumatoid arthritis.

cclix. **Betaine** (Betaine Anhydrous, Betaine HCL): reported to potentially help poor athletic performance and rheumatoid arthritis.

cclx. **Betel Pepper** (*Piper betle*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, pain, and circulation problems.

cclxi. **Bethroot** (*Trillium erectum*): reported to potentially help inflammation and arthritis.

cclxii. **Beudantite**: reported to potentially help anxiety circulation problems, healing, and pain.

cclxiii. **Bhintagariyo** (*Merremia tridentata*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

cclxiv. **Bhringraj** (*Eclipta Alba*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, and pain.

cclxv. **Bidi Leaf Tree** (*Bauhinia racemosa, Bauhinia purpurea*): reported to potentially help arthritis, pain, inflammation, and pain.

cclxvi. ***Bifidobacterium animalis lactis***: reported to potentially help inflammation, arthritis, obesity, and anxiety.

cclxvii. ***Bifidobacterium bifidum***: reported to potentially help anxiety, pain, and inflammation.

cclxviii. ***Bifidobacterium breve***: reported to potentially help anxiety, inflammation, and obesity.

cclxix. ***Bifidobacterium infantis***: reported to potentially help anxiety, inflammation, and pain.

cclxx. ***Bifidobacterium longum***: reported to potentially help anxiety, inflammation, and obesity.

cclxxi. **Bilberry** (*Vaccinium myrtillus*): reported to potentially help inflammation, arthritis, circulation problems, osteoarthritis, and rheumatoid arthritis.

cclxxii. **Bilwa** (*Aegle marmelos*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

cclxxiii. **Bindweed** (*Convolvulus arvensis*): reported to potentially help arthritis and inflammation.

cclxxiv. **Birch** (*Betula lenta*): reported to potentially help arthritis, rheumatoid arthritis, muscle problems, pain, circulation problems, and osteoarthritis.

cclxxv. **Birdlime Tree** (*Pisonia umbellifera*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cclxxvi. **Birthwort** (*Trillium grandiflorum, Aristolochia clematitis, Aristolochia milhomens*): reported to potentially help inflammation and arthritis.

cclxxvii. **Bishop's Crown Pepper** (*Capsicum baccatum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cclxxviii. **Bishop's Hat** (*Epimedium grandiflorum*): reported to potentially help arthritis, pain, osteoarthritis, and muscle fatigue.

cclxxix. **Bistort** (*Persicaria bistorta*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cclxxx. **Bitter Almond** (*Amygdalus amara aqua*): reported to potentially help arthritis, pain, and anxiety.

cclxxxi. **Bitterbark** (*Alstonia constricta*): reported to potentially help arthritis and inflammation.

cclxxxii. **Bitter Dock** (*Rumex obtusifolius, Lapathum sylvestre*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cclxxxiii. **Bitter Melon** (Bitter Gourd, *Momordica charantia*): reported to potentially help osteoarthritis, pain, arthritis, and inflammation.

cclxxxiv. **Bitter Nightshade** (*Solanum dulcamara*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

cclxxxv. **Bitter Orange** (*Citrus aurantium*): reported to potentially help anxiety, poor athletic performance, obesity, and inflammation.

cclxxxvi. **Bitter Snakeroot** (*Eryngium aquaticum*): reported to potentially help arthritis and pain.

cclxxxvii. **Bittersweet Bark** (*Celastrus scandens*): reported to potentially help joint problems, pain, and inflammation.

cclxxxviii. **Bitterwood** (*Simaruba amara*): reported to potentially help inflammation, rheumatoid arthritis, and arthritis.

cclxxxix. **Bizanthplanispine**: reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

ccxc. **Black Alder** (*Prinos verticillatus*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

ccxci. **Blackberry** (*Rubus fruticosus*): reported to potentially help arthritis, inflammation, and pain.

ccxcii. **Black Bindweed** (*Tamus communis*): reported to potentially help arthritis, rheumatoid arthritis, pain, and muscle problems.

ccxciii. **Black Catnip** (*Phyllanthus amarus*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

ccxciv. **Black Cherry** (*Prunus serotina*): reported to potentially help muscle problems, arthritis, inflammation, circulation problems, and anxiety.

ccxcv. **Black Cod** (*Anoplopoma fimbria*): reported to potentially help inflammation, circulation problems, arthritis, and pain.

ccxcvi. **Black Cohosh** (*Cimicifuga racemosa*): reported to potentially help arthritis, muscle problems, rheumatoid arthritis, and pain.

ccxcvii. **Black Cumin** (*Nigella sativa*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, obesity, and osteoarthritis.

ccxcviii. **Black Currant** (*Ribes nigrum*): reported to potentially help inflammation, muscle problems, mobility problems, pain, rheumatoid arthritis, arthritis, and osteoarthritis.

ccxcix. **Black Dammar** (*Canarium strictum*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

ccc. **Black-Eyed Pea** (*Vigna unguiculata unguiculata*): reported to potentially help circulation problems, rheumatoid arthritis, inflammation, and arthritis.

ccci. **Black Locust** (*Robinia pseudoacacia*): reported to potentially help rheumatoid arthritis and pain.

cccii. **Black Morels** (*Morchella conica*): reported to potentially help inflammation, arthritis, and weakness.

ccciii. **Black Mustard** (*Brassica nigra, Sinapis nigra*): reported to potentially help arthritis, rheumatoid arthritis, pain, and muscle problems.

ccciv. **Black Nightshade** (*Solanum nigrum*): reported to potentially help arthritis, pain, and inflammation.

cccv. **Black Oil Plant** (*Celastrus paniculata*): reported to potentially help arthritis and rheumatoid arthritis.

cccvi. **Black Pepper** (*Piper nigrum*): reported to potentially help inflammation, arthritis, inflammation, pain, muscle problems, circulation problems, and rheumatoid arthritis.

cccvii. **Blackspot Horned Poppy** (*Glaucium corniculatum*): reported to potentially help arthritis and rheumatoid arthritis.

cccviii. **Black Spruce** (*Picea mariana*): reported to potentially help arthritis, rheumatoid arthritis, anxiety, muscle fatigue, muscle problems, and pain.

cccix. **Black Sulphide of Antimony** (Antimonium Crudum): reported to potentially help rheumatoid arthritis, pain, arthritis, inflammation, and mobility problems.

cccx. **Black Sulphide of Mercury** (Aethiops mercurialis): reported to potentially help pain and inflammation.

cccxi. **Blackthorn** (*Prunus spinosa*): reported to potentially help rheumatoid arthritis, arthritis, and inflammation.

cccxii. **Black Tongkat Ali** (*Polyalthia bullata*): reported to potentially help inflammation, obesity, rheumatoid arthritis, and pain.

cccxiii. **Black Tourmaline**: reported to potentially help anxiety, absorb negative energy, electromagnetic pollution, and pain.

cccxiv. **Black Wattle** (*Acacia mearnsii*): reported to potentially help rheumatoid arthritis and pain.

cccxv. **Black Willow** (*Salix nigra*): reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, inflammation, and muscle problems.

cccxvi. **Blessed Thistle** (*Cnicus benedictus, Carduus benedictus, Carduus marianus*): reported to potentially help inflammation.

cccxvii. **Bloedite**: reported to potentially help anxiety, pain, inflammation, muscle problems, and intuition.

cccxviii. **Bloodroot** (*Sanguinaria canadensis*): reported to potentially help arthritis, pain, and mobility problems.

cccxix. **Bloodstone**: reported to potentially help anxiety, healing, pain, circulation problems, mind-body connection, and strength.

cccxx. **Blue Agave** (*Agave tequilana*): reported to potentially help rheumatoid arthritis, obesity, and arthritis.

cccxxi. **Bluebell** (*Agraphis nutans*): reported to potentially help arthritis and pain.

cccxxii. **Blueberry** (*Vaccinium corymbosum*): reported to potentially help arthritis, inflammation, and pain.

cccxxiii. **Blue Bugbane** (*Cainca racemosa*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cccxxiv. **Blue Cardinal Flower** (*Lobelia siphilitica*): reported to potentially help muscle problems, pain, rheumatoid arthritis, inflammation, and arthritis.

cccxxv. **Blue Cohosh** (*Caulophyllum thalictroides*): reported to potentially help inflammation and rheumatoid arthritis.

cccxxvi. **Blue Cypress** (*Callitris intratropica*): reported to potentially help pain, muscle problems, arthritis, inflammation, and rheumatoid arthritis.

cccxxvii. **Blue Eucalyptus** (*Eucalyptus bicostata*): reported to potentially help arthritis, inflammation, osteoarthritis, rheumatoid arthritis, pain, and circulation problems.

cccxxviii. **Blue Euclase**: reported to potentially help anxiety and inflammation.

cccxxix. **Blue Flag** (*Iris versicolor*): reported to potentially help inflammation, arthritis, and pain.

cccxxx. **Blue Flax** (*Linum perenne*): reported to potentially help arthritis and pain.

cccxxxi. **Blue Flowered Glory Tree** (*Clerodendrum serratum*): reported to potentially help rheumatoid arthritis, pain, inflammation, and arthritis.

cccxxxii. **Bluegrass** (*Poa subpoena*): reported to potentially help osteoarthritis, inflammation, arthritis, pain, and rheumatoid arthritis.

cccxxxiii. **Bluejack Oak** (*Quercus incana*): reported to potentially help arthritis, inflammation, and pain.

cccxxxiv. **Blue Quartz**: reported to potentially help anxiety, pain, circulation problems, and cleansing the aura.

cccxxxv. **Blue Spade Flower** (*Hybanthus enneaspermus*): reported to potentially help arthritis and inflammation.

cccxxxvi. **Blue Spirulina** (*Spirulina spp.*): reported to potentially help inflammation and muscle fatigue.

cccxxxvii. **Blue Tansy** (*Tanacetum annuum*): reported to potentially help inflammation, pain, muscle fatigue, arthritis, tendonitis, and bursitis.

cccxxxviii. **Blue Waxweed** (*Cuphea viscosissima*): reported to potentially help arthritis and pain.

cccxxxix. **Blume** (*Myxopyrum smilacifolia*): reported to potentially help arthritis.

cccxl. **B-Myrcene**: reported to potentially help muscle problems, pain, anxiety, osteoarthritis, arthritis, and inflammation.

cccxli. **Bodhi Tree** (*Ficus religiosa*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cccxlii. **Bog Bean** (*Menyanthes trifoliata*): reported to potentially help arthritis, rheumatoid arthritis, pain, muscle problems, and weakness.

cccxliii. **Boji Stone**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

cccxliv. **Bok Choy** (*Brassica rapa chinensis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and osteoarthritis.

cccxlv. **Boldo Leaf** (*Peumus boldus, Boldoa fragrans, Boldus peumus*): reported to potentially help rheumatoid arthritis, pain, arthritis, inflammation, anxiety, and osteoarthritis.

cccxlvi. **Bolivian Rainbow Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cccxlvii. **Bollygum** (*Litsea chinensis*): reported to potentially help arthritis and pain.

cccxlviii. **Bonduc Nut** (*Caesalpinia bonduc*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, and inflammation.

cccxlix. **Bone Marrow** (*Bos taurus*, Bone Marrow Broth): reported to potentially help inflammation, osteoarthritis, and pain.

cccl. **Boneset** (*Eupatorium perfoliatum*): reported to potentially help arthritis, pain, rheumatoid arthritis, and muscle problems.

cccli. **Borage** (*Borago officinalis*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, and pain.

ccclii. **Borax** (Sodium Tetraborate): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

cccliii. **Borneol**: reported to potentially help pain, circulation problems, and inflammation.

cccliv. **Bornite**: reported to potentially help anxiety, inflammation, pain, activating inner spirit, and healing.

ccclv. **Boron** (Boron Amino Acid Chelate, Boric Acid, Boron Glycinate, Boron Citrate): reported to potentially help poor athletic performance, osteoarthritis, and arthritis.

ccclvi. **Boteri** (*Boucerosia aucheriana*): reported to potentially help arthritis.

ccclvii. **Botulinum Toxin A**: reported to potentially help arthritis, pain, and osteoarthritis.

ccclviii. **Bovine Rumen Fluid** (*Bos taurus, Bos indicus*): reported to potentially help osteoarthritis.

ccclix. **Boxwood** (*Buxus sempervirens, Buxus papillosa*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

cclx. **Brachy Calycinum D Don** (BCD, *Brachy calycinum*): reported to potentially help pain, arthritis, inflammation, osteoarthritis, and cartilage problems.

cclxi. **Brandtite**: reported to potentially help anxiety, inflammation, and connection to other worldly beings.

cclxii. **Braum's Holly Fern** (*Polystichum braunii*): reported to potentially help rheumatoid arthritis, inflammation, muscle problems, and arthritis.

cclxiii. **Brazilian Caroba Tree** (*Jacaranda caroba*): reported to potentially help pain, inflammation, rheumatoid arthritis, and arthritis.

cclxiv. **Brazilian Plume Flower** (*Justicia ecbolium*): reported to potentially help arthritis.

cclxv. **Brazilian Starfish Pepper** (*Capsicum baccatum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cclxvi. **Brazilian Pepper Tree** (*Schinus molle*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

cclxvii. **Brazil Nut** (*Bertholletia excelsa*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, osteoarthritis, and obesity.

cclxviii. **Breadfruit** (*Artocarpus altilis, Artocarpus tonkinensis*): reported to potentially help rheumatoid arthritis, arthritis, inflammation, and pain.

cclxix. **Brewer's Yeast** (*Saccharomyces cerevisiae*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

cclxx. **Brimstone**: reported to potentially help anxiety, pain, arthritis, rheumatoid arthritis, inflammation, protection, cell regeneration, tendon injury, ligament injury, and cleansing of negative energy.

cclxxi. **Brindleberry** (*Garcinia pictorial*): reported to potentially help arthritis.

cclxxii. **Bristly Sarsaparilla** (*Aralia hispida*): reported to potentially help arthritis.

cclxxiii. **Broad Leaved Plantain** (*Plantago major*): reported to potentially help arthritis and inflammation.

cclxxiv. **Broccoli** (*Brassica oleracea italica*): reported to potentially help inflammation, cartilage problems, osteoarthritis, and arthritis.

cclxxv. **Brochantite**: reported to potentially help anxiety and inflammation.

cclxxvi. **Bromelain**: reported to potentially help pain, inflammation, osteoarthritis, and rheumatoid arthritis.

cclxxvii. **Bromide of Zinc** (Zincum Bromatum): reported to potentially help pain and inflammation.

cclxxviii. **Broom Creeper** (*Cocculus hirsutus, Cocculus villosus*): reported to potentially help arthritis, inflammation, muscle problems, rheumatoid arthritis, and pain.

cclxxix. **Brown Algae** (*Saccharina latissima*): reported to potentially help arthritis, cartilage degeneration, osteoarthritis, obesity, and pain.

cccxxx. **Brown Crumbly Rot** (*Polyporus pinicola*): reported to potentially help arthritis, pain, rheumatoid arthritis.

cccxxxi. **Brussel Sprouts** (*Brassica oleracea gemmifera*): reported to potentially help inflammation, osteoarthritis, cartilage degeneration, rheumatoid arthritis, obesity, arthritis, circulation problems, and pain.

cccxxxii. **Bryony** (*Bryonia multiflora, Bryonia alba*): reported to potentially help rheumatoid arthritis, inflammation, and pain.

cccxxxiii. **Buchu** (*Barosma crenulata, Agathosma betulina, Agathosma serratifolia, Agathosma crenulatta, Myrtus communis*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

cccxxxiv. **Buckthorn** (*Rhamnus cathartica*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cccxxxv. **Buckwheat** (*Fagopyrum esculentum*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and circulation problems.

cccxxxvi. **Buddha Wood** (*Eremophila spp.*): reported to potentially help arthritis, pain, rheumatoid arthritis, and muscle problems.

cccxxxvii. **Buffered Creatine**: reported to potentially help muscle degeneration and muscle fatigue.

cccxxxviii. **Bugleweed** (*Ajuga remota, Lycopus europaeus, Ajuga decumbens*): reported to potentially help rheumatoid arthritis, circulation problems, arthritis, inflammation, and pain.

cccxxxix. **Bugloss** (*Anchusa azurea, Anchusa officinalis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

cccxc. **Bulbous Buttercup** (*Ranunculus bulbosus*): reported to potentially help arthritis and pain.

cccxci. **Bulgarian Carrot Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cccxcii. **Burdock Root** (*Arctium lappa*): reported to potentially help inflammation, osteoarthritis, and arthritis.

cccxciii. **Buriti** (*Mauritia flexuosa*): reported to potentially help inflammation, pain, arthritis, obesity, arthritis, and osteoarthritis.

cccxciv. **Burma Ironwood** (*Xylia dolabriformis*): reported to potentially help arthritis.

cccxcv. **Bur Mallow** (*Urena lobata*): reported to potentially help joint problems, inflammation, and rheumatoid arthritis.

cccxcvi. **Burning Bush** (*Dictamnus albus*): reported to potentially help arthritis, pain, anxiety, rheumatoid arthritis, and inflammation.

cccxcvii. **Bushbeech** (*Gmelina asiatica*): reported to potentially help arthritis and inflammation.

cccxcviii. **Bushman's Toilet Paper** (*Brachyglottis repens*): reported to potentially help arthritis, inflammation, muscle problems, and rheumatoid arthritis.

cccxcix. **Butea Gum Tree** (*Butea superba*): reported to potentially help arthritis and osteoarthritis.

cd. **Butterbur** (*Tussilago petasites, Petasites hybridus*): reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

cdi. **Buttercup** (*Ranunculus laetus*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

cdii. **Butterflybush** (*Clerodendrum myricoides*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cdiii. **Butterfly Pea** (*Clitoria ternatea*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

cdiv. **Butternut** (*Juglans cinerea*): reported to potentially help rheumatoid arthritis, arthritis, pain, and circulation problems.

cdv. **Butyric Acid**: reported to potentially help rheumatoid arthritis, arthritis, and circulation problems.

cdvi. **C18-dibenzocyclooctadiene Lignans**: reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

cdvii. **Cabbage** (Green Cabbage, Red Cabbage, White Cabbage, *Brassica oleracea capitata*): reported to potentially help osteoarthritis, cartilage problems, arthritis, pain, inflammation, and rheumatoid arthritis.

cdviii. **Cabbage Tree** (*Pisonia grandis*): reported to potentially help arthritis and rheumatoid arthritis.

cdix. **Cacao** (*Theobroma cacao*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and circulation problems.

cdx. **Cacho De Cabra Pepper** (*Capsicum annuum longum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cdxi. **Cadaba Bush** (*Cadaba farinosa*): reported to potentially help rheumatoid arthritis, pain, and inflammation.

cdxii. **Cadmium**: reported to potentially help osteoarthritis, rheumatoid arthritis, inflammation, arthritis, and pain.

cdxiii. **Caesarweed** (*Urena lobata*): reported to potentially help arthritis and rheumatoid arthritis.

cdxiv. **Caffeine** (Caffeine Anhydrous): reported to potentially help obesity and poor athletic performance.

cdxv. **Cajeput** (*Melaleuca minor, Melaleuca cajuputi*): reported to potentially help pain, arthritis, muscle problems, rheumatoid arthritis, osteoarthritis, and circulation problems.

cdxvi. **Calamus** (*Acorus calamus*): reported to potentially help anxiety, arthritis, inflammation, rheumatoid arthritis, pain, obesity, and circulation problems.

cdxvii. **Calcite** (white, clear and green): reported to potentially help inflammation, arthritis, anxiety, and pain.

cdxviii. **Calcium** (Calcium Carbonate, Calcium Fluoride, Calcium Fructoborate, Calcium Lactate, Calcium Pantothenate, Calcium Phosphate, Calcium Beta-Hydroxy Beta-Methylbutyrate Monohydrate, Calcarea Carbonica, Calcarea Phosphorica): reported to potentially help muscle problems, mobility problems, inflammation, pain, anxiety, circulation problems, rheumatoid arthritis, osteoarthritis, and arthritis.

cdxix. **California Buckeye** (*Aesculus californica*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

cdxx. **California Coffeeberry** (*Rhamnus californica*): reported to potentially help arthritis and pain.

cdxxi. **California Laurel** (*Oreodaphne californica*): reported to potentially help pain, inflammation, muscle problems, rheumatoid arthritis, and arthritis.

cdxxii. **California Poppy** (*Eschscholzia californica*): reported to potentially help inflammation, pain, arthritis, anxiety, osteoarthritis, and circulation problems.

cdxxiii. **Camel Grass** (*Cymbopogon jwarancusa*): reported to potentially help arthritis, pain, and muscle problems.

cdxxiv. **Camelina** (*Camelina sativa*): reported to potentially help inflammation, arthritis, circulation problems, and mobility problems.

cdxxv. **Camellia** (*Camellia sinensis*): reported to potentially help arthritis, pain, osteoarthritis, muscle fatigue, and cartilage degeneration.

cdxxvi. **Camel's Foot Tree** (*Piliostigma thonningii*): reported to potentially help rheumatoid arthritis, inflammation, and pain.

cdxxvii. **Camphor** (Ho Wood, *Cinnamomum camphora*): reported to potentially help rheumatoid arthritis, pain, arthritis, and muscle problems.

cdxxviii. **Canada Moonseed** (*Menispermum canadense*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cdxxix. **Canadian Hemlock** (*Abies canadensis*): reported to potentially help pain, arthritis, osteoarthritis, and rheumatoid arthritis.

cdxxx. **Canadian Wild Ginger** (*Asarum canadense*): reported to potentially help inflammation, pain, and rheumatoid arthritis.

cdxxxi. **Canary Seed** (*Phalaris canariensis*): reported to potentially help inflammation, obesity, and circulation problems.

cdxxxii. **Candelilla Wax** (*Euphorbia antisyphilitica*): reported to potentially help arthritis, inflammation, and circulation problems.

cdxxxiii. **Candytuft** (*Iberis amara*): reported to potentially help rheumatoid arthritis, arthritis, pain, and inflammation.

cdxxxiv. **Canine Colostrum** (*Canis lupus familiaris*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, pain, mobility problems, and circulation problems.

cdxxxv. **Radon**: reported to potentially help circulation problems, inflammation, pain, arthritis, rheumatoid arthritis, and osteoarthritis.

cdxxxvi. **Cannabidiol** (Full Spectrum Hemp Extract, Cannabinoid, Hemp, CBD, CBDA, CBG, CBN, *Cannabis sativa, Cannabis indica*): reported to potentially help inflammation, anxiety, osteoarthritis, arthritis, rheumatoid arthritis, and pain.

cdxxxvii. **Canola** (*Brassica campestris*): reported to potentially help arthritis, inflammation, and pain.

cdxxxviii. **Cantaloupe** (*Cucumis melo cantalupensis*): reported to potentially help circulation problems, arthritis, inflammation, pain, and mobility problems.

cdxxxix. **Cape Gooseberry** (*Physalis peruviana*): reported to potentially help arthritis, inflammation, circulation problems, pain, mobility problems, and rheumatoid arthritis.

cdxl. **Caper** (*Capparis spinosa, Capparis orientalis, Capparis deciduas, Capparis heyneana, Capparis aphylla*): reported to potentially help arthritis, rheumatoid arthritis, pain, circulation problems, osteoarthritis, and inflammation.

cdxli. **Caraway** (*Carum carvi*): reported to potentially help inflammation, arthritis, osteoarthritis, and obesity.

cdxlii. **Carbon C60**: reported to potentially help anxiety, poor athletic performance, circulation problems, and inflammation.

cdxliii. **Cardamom** (Black Cardamom, *Elettaria cardamomum, Amomum kravanh, Alpinia oxyphylla*): reported to potentially help inflammation, deoxygenation, anxiety, and obesity.

cdxliv. **Cardinal Flower** (*Lobelia cardinalis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, osteoarthritis, muscle problems, and pain.

cdxlv. **Carnauba Wax** (*Copernicia prunifera*): reported to potentially help rheumatoid arthritis, pain, and arthritis.

cdxlvi. **Carnelian**: reported to potentially help anxiety and arthritis, rheumatoid arthritis, pain, and circulation problems.

cdxlvii. **Carnitine** (Acetyl-L-Carnitine, Propionyl-L-Carnitine, L-Carnitine L-Tartrate): reported to potentially help circulation problems, muscle fatigue, obesity, muscle degeneration, muscle problems, deoxygenation, and inflammation.

cdxlviii. **Carnosine** (L-Carnosine, beta-alanyl-L-histidine): reported to potentially help muscle problems, circulation problems, arthritis, osteoarthritis, inflammation, and pain.

cdxlix. **Carnotite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, osteoarthritis, inflammation, and pain.

cdl. **Uranocircite**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

cdli. **Metatorbernite**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

cdlii. **Zippeite**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

cdliii. **Torbernite**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

cdliv. **Carolina Reaper Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cdlv. **Carqueja** (*Baccharis genistelloides*): reported to potentially help arthritis and inflammation.

cdlvi. **Carrizo** (*Phragmites karka*): reported to potentially help arthritis and circulation problems.

cdlvii. **Carrot** (*Daucus carota-sativus*): reported to potentially help arthritis and inflammation.

cdlviii. **Caryophyllene** (Beta-Caryophyllene): reported to potentially help rheumatoid arthritis, arthritis, inflammation, bursitis, and osteoarthritis.

cdlix. **Cascabella Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cdlx. **Cascarilla** (*Croton eluteria*): reported to potentially help arthritis and bursitis.

cdlxi. **Casearia** (*Casearia glomerata*): reported to potentially help rheumatoid arthritis and pain.

cdlxii. **Casein Protein**: reported to potentially help muscle fatigue and muscle degeneration.

cdlxiii. **Cashew** (*Anacardium occidentale, Anacardium orientale*): reported to potentially help inflammation, circulation problems, rheumatoid arthritis, pain, and arthritis.

cdlxiv. **Cassia** (*Cinnamomum cassia*): reported to potentially help rheumatoid arthritis, arthritis, anxiety, circulation problems, pain, inflammation, and muscle problems.

cdlxv. **Castor** (*Ricinus communis*): reported to potentially help arthritis, pain, inflammation, rheumatoid arthritis, and muscle fatigue.

cdlxvi. **Castoreum** (*Pediomelum castoreum*): reported to potentially help arthritis.

cdlxvii. **Catechu** (*Senegalia catechu*): reported to potentially help arthritis, osteoarthritis, inflammation, and rheumatoid arthritis.

cdlxviii. **Cathedral Quartz**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

cdlxix. **Catnip** (*Nepeta cataria*): reported to potentially help muscle problems, inflammation and anxiety.

cdlxx. **Cat Thorn** (*Scutia myrtina*): reported to potentially help rheumatoid arthritis and pain.

cdlxxi. **Cat Thyme** (*Teucrium marum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cdlxxii. **Catuaba** (*Erythroxylum vacciniifolium*): reported to potentially help circulation problems, arthritis, and inflammation.

cdlxxiii. **Cat's Claw** (*Uncaria tomentosa*): reported to potentially help pain, inflammation, and rheumatoid arthritis.

cdlxxiv. **Caucasian Persimmon** (*Diospyros lotus*): reported to potentially help rheumatoid arthritis, arthritis, pain, circulation problems, obesity, and inflammation.

cdlxxv. **Cauliflower** (*Brassica oleracea botrytis*): reported to potentially help cartilage degeneration, inflammation, osteoarthritis, pain, and arthritis.

cdlxxvi. **Cayenne** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cdlxxvii. **Cedar** (*Cedrus atlantica, Thuja plicata, Thuja occidentalis, Cedrus libani*): reported to potentially help inflammation, muscle problems, arthritis, rheumatoid arthritis, osteoarthritis, pain, and anxiety.

cdlxxviii. **Cedar Moss** (*Evernia furfuracea*): reported to potentially help arthritis, pain, inflammation, rheumatoid arthritis, and muscle problems.

cdlxxix. **Ceiba** (*Ceiba pentandra*): reported to potentially help inflammation, pain, and arthritis.

cdlxxx. **Celery** (Celeriac, *Apium graveolens rapaceum*): reported to potentially help arthritis, inflammation, circulation problems, rheumatoid arthritis, pain, and muscle problems.

cdlxxxi. **Celestite** (Celestine): reported to potentially help anxiety, arthritis, rheumatoid arthritis, pain, osteoarthritis, and healing.

cdlxxxii. **Centipede Venom** (*Scolopendra spp.*): reported to potentially help pain.

cdlxxxiii. **Cerium** (Cerium Oxide): reported to potentially help anxiety, rheumatoid arthritis, inflammation, and arthritis.

cdlxxxiv. **Cerussite**: reported to potentially help anxiety, pain, arthritis, and rheumatoid arthritis.

cdlxxxv. **Cetyl Myristoleate** (CMO): reported to potentially help osteoarthritis, inflammation, pain, rheumatoid arthritis, and arthritis.

cdlxxxvi. **Ceylon Bowstring Hemp** (*Sansevieria urghiana*): reported to potentially help arthritis.

cdlxxxvii. **Ceylon Ironwood** (*Mesua ferrea*): reported to potentially help arthritis and inflammation.

cdlxxxviii. **Ceylon Leadwort** (*Plumbago zeylanica*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, and inflammation.

cdlxxxix. **Ceylon Olive** (*Elaeocarpus serratus*): reported to potentially help arthritis, rheumatoid arthritis, pain, circulation problems, and inflammation.

cdxc. **Ceylon Satinwood** (*Chloroxylon swietenia*): reported to potentially help arthritis and rheumatoid arthritis.

cdxci. **Chai** (*Camellia sinensis*): reported to potentially help inflammation, obesity, and pain.

cdxcii. **Chalcanthite**: reported to potentially help inflammation, arthritis, pain, and anxiety.

cdxciii. **Chalcopyrite**: reported to potentially help anxiety, inflammation, arthritis, and pain.

cdxciv. **Chamomile** (*Matricaria chamomilla*): reported to potentially help joint problems, pain, and inflammation.

cdxcv. **Chanca Piedra** (*Phyllanthus niruri,* Flor De Piedra): reported to potentially help inflammation and rheumatoid arthritis.

cdxcvi. **Changunga** (*Byrsonima crassifolia*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

cdxcvii. **Chaparral Leaf** (*Larrea tridentata*): reported to potentially help arthritis, inflammation, and obesity.

cdxcviii. **Charlock Mustard** (*Sinapis arvensis*): reported to potentially help rheumatoid arthritis, pain, circulation problems, and muscle problems.

cdxcix. **Chaste Tree** (*Vitex trifolia, Vitex agnus-castus*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

d. **Chaulmoogra** (*Hydnocarpus wightiana*): reported to potentially help arthritis and rheumatoid arthritis.

di. **Cheese** (*Bos taurus*): reported to potentially help pain, muscle weakness, and inflammation, and osteoarthritis.

dii. **Cheesewood** (*Alstonia scholaris, Alstonia boonei*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and anxiety.

diii. **Cherry** (*Prunus avium*): reported to potentially help osteoarthritis, pain, arthritis, inflammation, obesity, and anxiety.

div. **Cherry Blossom** (*Prunus serrulata*): reported to potentially help joint problems, inflammation, circulation problems, and obesity.

dv. **Cherry Laurel** (*Laurocerasus officinalis*): reported to potentially help pain, anxiety, and muscle problems.

dvi. **Cherry Tomato** (*Solanum lycopersicum cerasiforme*): reported to potentially help inflammation, pain, arthritis, rheumatoid arthritis, and osteoarthritis.

dvii. **Chessy Copper**: reported to potentially help inflammation and anxiety.

dviii. **Chhal Mogra** (*Gynocardia odorata*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dix. **Chia Seed** (*Salvia hispanica*): reported to potentially help inflammation, pain, rheumatoid arthritis, and arthritis.

dx. **Chicken Bone Broth** (*Gallus gallus domesticus*): reported to potentially help inflammation, osteoarthritis, and pain.

dxi. **Chicken Feet** (*Gallus gallus domesticus)*: reported to potentially help arthritis, osteoarthritis, pain, and inflammation.

dxii. **Chicken Protein** (*Gallus gallus domesticus*): reported to potentially help muscle problems.

dxiii. **Chickweed** (*Stellaria media*): reported to potentially help arthritis, inflammation, obesity, and pain.

dxiv. **Chicory** (*Cichorium intybus*): reported to potentially help arthritis, inflammation, osteoarthritis, obesity, and pain.

dxv. **Chilaca Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dxvi. **Chilean Potato** (*Solanum tuberosum aegrotans*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dxvii. **Chile De Árbol** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dxviii. **Chilgoza Pine** (*Pinus gerardiana*): reported to potentially help arthritis and rheumatoid arthritis.

dxix. **Chacma Baboon** (*Papio ursinus*): reported to potentially help arthritis and pain.

dxx. **Black Howler** (*Alouatta nigerrima*): reported to potentially help inflammation.

dxxi. **Golden Mantled Howling Monkey** (*Alouatta palliata*): reported to potentially help inflammation and pain.

dxxii. **Colombian Red Howler** (*Alouatta seniculus*): reported to potentially help inflammation.

dxxiii. **Geoffroy's Spider Monkey** (*Ateles geoffroyi*): reported to potentially help rheumatoid arthritis, pain, and arthritis.

dxxiv. **Gorilla** (*Gorilla gorilla*): reported to potentially help vitality and strength.

dxxv. **Black Spider Monkey** (*Ateles paniscus*): reported to potentially help rheumatoid arthritis, pain, and arthritis.

dxxvi. **Moholi Bushbaby** (*Galago moholi*): reported to potentially help poor athletic performance.

dxxvii. **Assam Macaque** (*Macaca assamensis*): reported to potentially help rheumatoid arthritis, arthritis, and pain

dxxviii. **Rhesus Monkey** (*Macaca mulatta*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

dxxix. **Black Snub Nosed Monkey** (*Rhinopithecus bieti*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dxxx. **Tufted Capuchin** (*Cebus apella*): reported to potentially help inflammation and muscle problems.

dxxxi. **Chiltepin Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dxxxii. **Gecko** (*Gekkonidae spp.*): reported to potentially help pain and vitality.

dxxxiii. **Chinaberry Tree** (*Melia azadirachta*): reported to potentially help arthritis, inflammation, and pain.

dxxxiv. **China Root** (*Smilax china*): reported to potentially help arthritis, weakness, rheumatoid arthritis, and pain.

dxxxv. **Chinese Banyan** (*Ficus retusa*): reported to potentially help arthritis and rheumatoid arthritis.

dxxxvi. **Chinese Cabbage** (*Brassica campestris*): reported to potentially help arthritis.

dxxxvii. **Chinese Chaste Tree** (*Vitex negundo*): reported to potentially help arthritis, muscle problems, pain, inflammation, osteoarthritis, rheumatoid arthritis.

dxxxviii. **Chinese Cinnamon** (*Cinnamomum cassia, Cinnamomum bejolghota*): reported to potentially help arthritis, inflammation, obesity, pain, and circulation problems.

dxxxix. **Chinese Fever Vine** (*Paederia foetida*): reported to potentially help arthritis, muscle problems, rheumatoid arthritis, pain, and inflammation.

dxl. **Chinese Foxglove** (*Rehmannia glutinosa*): reported to potentially help arthritis, rheumatoid arthritis, pain, and osteoarthritis.

dxli. **Chinese Lacquer Tree** (*Rhus verniciflua*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

dxlii. **Chinese Lantern** (*Physalis alkekengi*): reported to potentially help arthritis, inflammation, circulation problems, pain, and rheumatoid arthritis.

dxliii. **Chinese Mustard** (*Brassica juncea, Sinapis alba*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, and muscle problems.

dxliv. **Chinese Plum** (*Prunus triflora*): reported to potentially help arthritis.

dxlv. **Chinese Rhubarb** (*Rheum palmatum*): reported to potentially help inflammation.

dxlvi. **Chinese Skullcap** (*Scutellaria baicalensis*): reported to potentially help inflammation, anxiety, and muscle problems.

dxlvii. **Chinese Thoroughwax** (*Bupleurum falcatum*): reported to potentially help inflammation, rheumatoid arthritis, and arthritis.

dxlviii. **Chinese Violet** (*Asystasia coromandeliana, Asystasia gangetica, Asystasia dalzelliana*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, inflammation, and pain.

dxlix. **Chipotle Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dl. **Chive** (*Allium schoenoprasum*): reported to potentially help osteoarthritis, rheumatoid arthritis, inflammation, arthritis, and pain.

dli. **Chloral Hydrate** (Chloralum Hydratum): reported to potentially help anxiety and pain.

dlii. **Chlorophyta** (*Haematococcus pluvialis*): reported to potentially help pain, rheumatoid arthritis, arthritis, inflammation, and muscle fatigue.

dliii. **Chokecherry** (*Prunus virginiana*): reported to potentially help arthritis.

dliv. **Choline**: reported to potentially help muscle problems and obesity.

dlv. **Chondroitin Sulfate**: reported to potentially help mobility problems, pain, inflammation, and osteoarthritis.

dlvi. **Christmas Rose** (*Helleborus niger*): reported to potentially help arthritis, pain, rheumatoid arthritis, and osteoarthritis.

dlvii. **Chromium** (Chromium Picolinate, Chromium Niacinate, Chromium Picolinate, Chromium Tripicolinate): reported to potentially help arthritis, obesity, circulation problems, and inflammation.

dlviii. **Chrysanthemum** (*Chrysanthemum spp.*): reported to potentially help arthritis, pain, anxiety, and circulation problems.

dlix. **Chrysin** (5, 7-dihydroxyflavone): reported to potentially help inflammation, rheumatoid arthritis, and osteoarthritis.

dlx. **Chrysocolla**: reported to potentially help anxiety, pain, arthritis, muscle problems, circulation problems, deoxygenation, inflammation, energy blockages, and mind-body-spirit balance.

dlxi. **Chrysotile**: reported to potentially help anxiety, inflammation, circulation problems, tissue degeneration, nightmares, vitality, weak fortitude, and muscle fatigue.

dlxii. **Chuchuhuasi** (*Maytenus krukovii*): reported to potentially help arthritis, pain, inflammation, muscle problems, and rheumatoid arthritis.

dlxiii. **Cinchona Bark** (*Cinchona officinalis*): reported to potentially help muscle problems, circulation problems, rheumatoid arthritis, and pain.

dlxiv. **Cinnabaris** (Cinnabar, Red Mercuric Sulfide): reported to potentially help pain, anxiety, and inflammation.

dlxv. **Cinnamon** (*Cinnamomum zeylanicum, Cinnamomum verum*): reported to potentially help circulation problems, joint problems, and pain.

dlxvi. **Cinnamon Fern** (*Osmunda cinnamomea*): reported to potentially help rheumatoid arthritis and pain.

dlxvii. **Cipó-de-alho** (*Mansoa standleyi*): reported to potentially help arthritis and muscle problems.

dlxviii. **Citronella** (*Cymbopogon nardus*): reported to potentially help anxiety, inflammation, arthritis, pain, and circulation problems.

dlxix. **Citrulline** (L-Citrulline Malate, Homocitrulline): reported to potentially help circulation problems, rheumatoid arthritis, and poor athletic performance.

dlxx. **Clam** (*Mercenaria mercenaria*): reported to potentially help inflammation, osteoarthritis, arthritis, pain, and rheumatoid arthritis.

dlxxi. **Clary Sage** (*Salvia sclarea*): reported to potentially help anxiety, pain, arthritis, rheumatoid arthritis, muscle problems, and osteoarthritis.

dlxxii. **Clearing Nut Tree** (*Strychnos potatorum*): reported to potentially help arthritis, muscle problems, rheumatoid arthritis, and inflammation.

dlxxiii. **Clear Quartz**: reported to potentially help anxiety, osteoarthritis, arthritis, healing, pain, healing, energy flow, circulation problems, aura strengthening, and amplification of other healing stones.

dlxxiv. **Cleavers** (*Galium aparine*): reported to potentially help arthritis and circulation problems.

dlxxv. **Clematis Vine** (*Clematis henryi*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.

dlxxvi. **Cleome** (*Cleome brachycarpa*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

dlxxvii. **Cloudberry** (*Rubus chamaemorus*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

dlxxviii. **Clove** (*Eugenia caryophylatta, Syzygium aromaticum, Eugenia caryophylatta*): reported to potentially help anxiety, pain, inflammation, arthritis, rheumatoid arthritis, and muscle problems.

dlxxix. **Clubmoss** (*Lycopodium clavatum*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

dlxxx. **Coal Tar Product** (Anilinum): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

dlxxxi. **Coat Buttons** (*Tridax procumbens*): reported to potentially help arthritis and inflammation.

dlxxxii. **Cobra Lily** (*Arisaema rhizomatum*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

dlxxxiii. **Coc-c** (*Coccus cacti*): reported to potentially help osteoarthritis, rheumatoid arthritis, and pain.

dlxxxiv. **Cockscomb** (*Celosia cristata*): reported to potentially help pain, inflammation, and rheumatoid arthritis.

dlxxxv. **Cocoa** (Cocoa Butter, *Theobroma cacao*): reported to potentially help arthritis, inflammation, pain, anxiety, osteoarthritis, and rheumatoid arthritis.

dlxxxvi. **Coconut** (*Cocos nucifera*): reported to potentially help arthritis, inflammation, osteoarthritis, and pain.

dlxxxvii. **Codd** (*Isodon rugosus*): reported to potentially help pain, arthritis, circulation problems, and rheumatoid arthritis.

dlxxxviii. **Cod Liver** (Oleum jecoris aselli*, Gadus morhua*): reported to potentially help osteoarthritis, arthritis, pain, rheumatoid arthritis, and inflammation.

dlxxxix. **Cod Skin** (*Gadus morhua*): reported to potentially help rheumatoid arthritis, arthritis, muscle weakness, cartilage degeneration, muscle problems, and circulation problems.

dxc. **Coenzyme Q10** (CoQ10): reported to potentially help circulation problems, rheumatoid arthritis, inflammation, pain, osteoarthritis, and cartilage degeneration.

dxci. **Coffee** (*Coffea arabica*): reported to potentially help rheumatoid arthritis, inflammation, pain, arthritis, obesity, and osteoarthritis.

dxcii. **Coffee Senna** (*Senna occidentalis*): reported to potentially help rheumatoid arthritis, circulation problems, and pain.

dxciii. **Coffinite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, inflammation, osteoarthritis, and pain.

dxciv. **Coleonema** (*Diosma lincaris*): reported to potentially help arthritis.

dxcv. **Colicroot** (*Aletris farinosa*): reported to potentially help muscle problems, pain, rheumatoid arthritis, and arthritis.

dxcvi. **Collagen** (Collagen Hydrolysate, Type II Collagen, Collagen Peptides): reported to potentially help muscle problems, tendon problems, ligament problems, mobility problems, osteoarthritis, arthritis, and pain.

dxcvii. **Collard Greens** (*Brassica oleracea viridis*): reported to potentially help inflammation, cartilage problems, rheumatoid arthritis, arthritis, and osteoarthritis.

dxcviii. **Coltsfoot** (*Tussilago fragrans*): reported to potentially help arthritis, rheumatoid arthritis, pain, osteoarthritis, and inflammation.

dxcix. **Comfrey Root** (*Symphytum officinale*): reported to potentially help pain, inflammation, muscle problems, and circulation problems.

dc. **Compass Plant** (*Silphium laciniatum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dci. **Conchiolinum** (Pinctada margaritifera): reported to potentially help muscle weakness, arthritis, and circulation problems.

dcii. **Condurango** (*Marsdenia cundurango*): reported to potentially help pain.

dciii. **Conidendrin** (CON): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

dciv. **Conkerberry** (*Carissa spinarum*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, and inflammation.

dcv. **Copaiba** (*Copaifera officinalis*): reported to potentially help muscle problems and inflammation, arthritis, and pain.

dcvi. **Copal** (*Protium copal, Bursera copallifera*): reported to potentially help anxiety, rheumatoid arthritis, pain, and muscle problems.

dcvii. **Copper** (Cuprum Metallicum, Copper Gluconate, Copper Proteinate, Copper Sulfate): reported to potentially help arthritis, pain, muscle problems, circulation problems, cartilage degeneration, anxiety, and inflammation.

dcviii. **Copperleaf** (*Acalypha indica*): reported to potentially help inflammation, joint problems, pain, and circulation problems.

dcix. **Coptis** (*Coptis chinensis*): reported to potentially help pain and inflammation.

dcx. **Coral** (*Anthozoa spp.*): reported to potentially help anxiety, arthritis, inflammation, and rheumatoid arthritis.

dcxi. **Coral Jasmine** (*Nyctanthes arbor-tristis*): reported to potentially help arthritis, inflammation, and pain.

dcxii. **Cordierite**: reported to potentially help anxiety and pain.

dcxiii. **Cordon de San Antonio** (*Hyptis stellulata*): reported to potentially help rheumatoid arthritis, and pain.

dcxiv. **Cordyceps** (*Cordyceps militaris, Ophiocordyceps sinensis*): reported to potentially help inflammation, osteoarthritis, pain, and mobility problems.

dcxv. **Coriander** (Cilantro, *Coriandrum sativum*): reported to potentially help arthritis, inflammation, circulation problems, anxiety, muscle problems, pain, and rheumatoid arthritis.

dcxvi. **Corkwood Tree** (*Duboisia myoporoides*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

dcxvii. **Corky Coral Tree** (*Erythrina stricta*): reported to potentially help arthritis, muscle problems, rheumatoid arthritis, inflammation, and obesity.

dcxviii. **Corn** (*Zea mays*): reported to potentially help arthritis, circulation problems, and inflammation.

dcxix. **Corn Buttercup** (*Ranunculus arvensis*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

dcxx. **Corncockle** (*Agrostemma githago*): reported to potentially help arthritis and pain.

dcxxi. **Cornmint** (*Mentha arvensis*): reported to potentially help rheumatoid arthritis, anxiety, arthritis, muscle problems, pain, and inflammation.

dcxxii. **Corno Di Toro Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dcxxiii. **Corn Silk** (*Stigmata maydis*): reported to potentially help inflammation, arthritis, and pain.

dcxxiv. **Corn Smut** (*Ustilago maydis*): reported to potentially help arthritis and circulation problems.

dcxxv. **Cortia** (*Cortia depressa*): reported to potentially help rheumatoid arthritis, pain, and anxiety.

dcxxvi. **Corundum**: reported to potentially help anxiety, insight of the unknown, and circulation problems.

dcxxvii. **Corydalis** (*Corydalis bulbosa, Corydalis decumbens, Corydalis incisa, Corydalis turtschaninovii, Corydalis yanhusuo-rhizome*): reported to potentially help inflammation, pain, osteoarthritis, rheumatoid arthritis, and arthritis.

dcxxviii. **Costus** (*Saussurea lappa*): reported to potentially help osteoarthritis, arthritis, rheumatoid arthritis, pain, and inflammation.

dcxxix. **Cottage Cheese** (*Bos taurus, Bos indicus*): reported to potentially help arthritis, circulation problems, inflammation, obesity, and pain.

dcxxx. **Cotton Rosemallow** (*Hibiscus mutabilis*): reported to potentially help arthritis and inflammation.

dcxxxi. **Couch Grass** (*Triticum repens*): reported to potentially help arthritis, rheumatoid arthritis, pain, and circulation problems.

dcxxxii. **Country Mallow** (*Sida cordifolia*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, osteoarthritis, and mobility problems.

dcxxxiii. **Cow Ear** (*Bos taurus, Bos indicus*): reported to potentially help arthritis.

dcxxxiv. **Cowslip** (*Primula veris*): reported to potentially help inflammation, rheumatoid arthritis, arthritis, and pain.

dcxxxv. **Cow Tail** (*Bos taurus, Bos indicus*): reported to potentially help arthritis.

dcxxxvi. **C-Phycocyanin** (CPC): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and osteoarthritis.

dcxxxvii. **Crab** (*Brachyura spp.*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

dcxxxviii. **Crack Willow** (*Salix fragilis*): reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, inflammation, and muscle problems.

dcxxxix. **Cramp Bark** (*Viburnum opulus*): reported to potentially help osteoarthritis, muscle problems, rheumatoid arthritis, and pain.

dcxl. **Cranberry** (*Vaccinium macrocarpon, Vaccinium oxycoccos*): reported to potentially help rheumatoid arthritis, inflammation, pain, and arthritis.

dcxli. **Cranesbill** (*Geranium maculatum*): reported to potentially help arthritis and inflammation.

dcxlii. **Crayfish** (*Astacus spp.*): reported to potentially help obesity, anxiety, muscle problems, and inflammation.

dcxliii. **Creamy Peacock Flower** (*Delonix elata*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

dcxliv. **Creatine** (Creatine Monohydrate, Creatine Hydrochloride): reported to potentially help poor athletic performance, muscle degeneration, muscle fatigue, muscle degeneration, inflammation, and arthritis.

dcxlv. **Creedite**: reported to potentially help muscle degeneration, anxiety, ligament degeneration, and circulation problems.

dcxlvi. **Creeping Buttercup** (*Ranunculus repens*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

dcxlvii. **Crocodile** (*Crocodylus acutus*): reported to potentially help arthritis, cartilage degeneration, pain, and rheumatoid arthritis.

dcxlviii. **Creeping Coldenia** (*Coldenia procumbens*): reported to potentially help arthritis and inflammation.

dcxlix. **Creeping Gloxinia** (*Maurandia erubescens*): reported to potentially help arthritis.

dcl. **Creeping Launaea** (*Launaea procumbens*): reported to potentially help pain, rheumatoid arthritis, and inflammation.

dcli. **Crepe Ginger** (*Costus speciosus*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

dclii. **Crni Jasen** (*Fraxinus ornus*): reported to potentially help arthritis.

dcliii. **Cross Gentian** (*Gentiana cruciata*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

dcliv. **Croton** (*Croton persimilis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, circulation problems, and pain.

dclv. **Crown Flower** (*Calotropis gigantea*): reported to potentially help arthritis, circulation problems, pain, anxiety, obesity, and inflammation.

dclvi. **Crystalline Nicotinamide Riboside** (NR-E): reported to potentially help obesity, circulation problems, and muscle problems.

dclvii. **Cubanelle Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dclviii. **Cuban Jute** (*Sida rhombifolia*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and osteoarthritis.

dclix. **Cuckoo Pint** (*Arum maculatum*): reported to potentially help arthritis and inflammation.

dclx. **Cucumber** (*Cucumis sativus*): reported to potentially help arthritis, pain, joint problems, and obesity.

dclxi. **Cumari Do Para Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dclxii. **Cumaru Amarelo** (*Dipteryx punctata*): reported to potentially help rheumatoid arthritis and pain.

dclxiii. **Cumin** (*Cuminum cyminum*): reported to potentially help osteoarthritis, inflammation, arthritis, obesity, and pain.

dclxiv. **Cuprite**: reported to potentially help anxiety, vitality, strength, disconnection from life, and [fear of life and death.

dclxv. **Cupuacu Butter** (*Theobroma grandiflorum*): reported to potentially help arthritis, inflammation, osteoarthritis, and circulation problems.

dclxvi. **Curare** (*Strychnos toxifera, Strychnos guianensis, Chondrodendron tomentosum, Sciadotenia toxifera*): reported to potentially help arthritis and muscle problems.

dclxvii. **Curcumin** (*Curcuma longa*): reported to potentially help inflammation, arthritis, and muscle problems.

dclxviii. **Curry Leaf** (*Murraya koenigii*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

dclxix. **Cursed Crowfoot** (*Ranunculus sceleratus*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dclxx. **Cutch Tree** (*Acacia catechu*): reported to potentially help inflammation, osteoarthritis, arthritis, obesity, circulation, and pain.

dclxxi. **Cutleaf Groundcherry** (*Physalis angulata*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, and circulation problems.

dclxxii. **Cuttlefish** (*Sepia officinalis*): reported to potentially help arthritis, rheumatoid arthritis, anxiety, pain, osteoarthritis, and circulation problems.

dclxxiii. **Kyanite**: reported to potentially help anxiety, recollection of dreams, pain, inflammation, and circulation problems.

dclxxiv. **Cyclamen** (Danazol): reported to potentially help pain and inflammation.

dclxxv. **Cycloariciresinol** (CYC): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

dclxxvi. **Cypress** (Yellow Nutsedge, *Cupressus sempervirens, Cupressus esculenthus, Cupressus rotundus, Chamaecyparis obtusa*): reported to potentially help pain, arthritis, inflammation, anxiety, muscle problems, bursitis, obesity, and circulation problems.

dclxxvii. **Cypress Spurge** (*Euphorbia cyparissias*): reported to potentially help arthritis and inflammation.

dclxxviii. **Cypress Turpentine** (*Pistacia terebinthus*): reported to potentially help inflammation, arthritis, and osteoarthritis.

dclxxix. **Daikon Radish** (*Raphanus sativus*): reported to potentially help arthritis, circulation problems, and pain.

dclxxx. **Daisy** (*Anacyclus pyrethrum, Bellis perennis*): reported to potentially help arthritis, inflammation, anxiety, rheumatoid arthritis, pain, and circulation problems.

dclxxxi. **Damiana** (*Turnera diffusa*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dclxxxii. **Dammer** (*Rumex usambarensis*): reported to potentially help rheumatoid arthritis and pain.

dclxxxiii. **Darnel** (*Lolium temulentum*): reported to potentially help arthritis and rheumatoid arthritis.

dclxxxiv. **Darot** (*Terminalia brownii*): reported to potentially help rheumatoid arthritis and pain.

dclxxxv. **Dashamoola** (*Uraria picta*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and osteoarthritis.

dclxxxvi. **Date** (*Phoenix dactylifera*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

dclxxxvii. **Datil Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dclxxxviii. **Datura** (*Datura ceratocaula*): reported to potentially help rheumatoid arthritis, circulation problems, and pain.

dclxxxix. **Davana** (*Artemisia pallens*): reported to potentially help arthritis, pain, and muscle fatigue.

dcxc. **Deadly Nightshade** (*Atropa belladonna*): reported to potentially help arthritis, pain, and inflammation.

dcxci. **Dead Sea Mud**: reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, and pain.

dcxcii. **Dead Sea Salt**: reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, and inflammation.

dcxciii. **Death Cap** (*Agaricus phalloides*): reported to potentially help circulation problems, rheumatoid arthritis, arthritis, pain, and inflammation.

dcxciv. **Deep Sea Fish** (PCSO-524): reported to potentially help inflammation, circulation problems, arthritis, and pain.

dcxcv. **Deer Diets/Treats** (*Cervidae spp.*): reported to potentially help arthritis, muscle weakness, and rheumatoid arthritis.

dcxcvi. **Dehydrocorybulbine** (DHCB): reported to potentially help pain, inflammation, arthritis, and osteoarthritis.

dcxcvii. **Dehydroepiandrosterone** (DHEA): reported to potentially help inflammation and rheumatoid arthritis.

dcxcviii. **Delicata Squash** (*Cucurbita moschata*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, circulation problems, and osteoarthritis.

dcxcix. **Dendritic Agate**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

dcc. **Deoxypodophyllotoxin** (DPPT): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dcci. **Desert Glass**: reported to potentially help anxiety, strengthen the energy field, and increase life force.

dccii. **Desert Gourd** (*Citrullus colocynthis*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

dcciii. **Devil's Bolete** (*Boletus satanas, Rubroboletus satanas*): reported to potentially help rheumatoid arthritis, inflammation, and arthritis.

dcciv. **Devil's Claw** (*Harpagophytum procumbens, Pisonia aculeata, Pisonia helleri*): reported to potentially help mobility problems, pain, inflammation, osteoarthritis, muscle problems, and arthritis.

dccv. **Devil's Dung** (*Ferula assa-foetida, Ferula asafoetida, Ferula narthex*): reported to potentially help rheumatoid arthritis, pain, arthritis, and inflammation.

dccvi. **Devil's Shoestring** (*Viburnum alnifolium*): reported to potentially help muscle problems, arthritis, and pain.

dccvii. **Devil's Tongue** (*Amorphophallus rivieri, Amorphophallus konjac*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

dccviii. **Devil's Tongue Red Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dccix. **Devil's Trumpet** (*Datura metel*): reported to potentially help arthritis, pain, muscle problems, and inflammation.

dccx. **Dhoop** (*Jurinea himalaica*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

dccxi. **Diablo Grande Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dccxii. **Diamond Burbark** (*Triumfetta rhomboidea*): reported to potentially help rheumatoid arthritis, inflammation, and arthritis.

dccxiii. **Diamond Flower** (*Oldentandia heynei*): reported to potentially help arthritis.

dccxiv. **Diindolylmethane** (DIM): reported to potentially help rheumatoid arthritis, arthritis, inflammation, and circulation problems.

dccxv. **Dill** (*Anethum graveolens*): reported to potentially help inflammation, arthritis, pain, rheumatoid arthritis, anxiety, and muscle problems.

dccxvi. **Dimethylglycine HCl** (DMG): reported to potentially help inflammation, rheumatoid arthritis, muscle fatigue, poor athletic performance, anxiety, and circulation problems.

dccxvii. **Dimethylmatairesinol** (DIM): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

dccxviii. **Dimethyl Sulfoxide** (DMSO): reported to potentially help mobility problems, pain, inflammation, osteoarthritis, and rheumatoid arthritis.

dccxix. **Dioptase**: reported to potentially help anxiety, pain, arthritis, and muscle problems.

dccxx. **Dishrag Gourd** (*Luffa aegyptiaca*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

dccxxi. **DL-Methionine**: reported to potentially help arthritis and inflammation.

dccxxii. **Docosahexaenoic Acid** (DHA): reported to potentially help inflammation, pain, and rheumatoid arthritis.

dccxxiii. **Docosapentaenoic Acid** (DPA): reported to potentially help inflammation, circulation problems, arthritis, and rheumatoid arthritis.

dccxxiv. **Dodder** (*Cuscuta reflexa*): reported to potentially help arthritis, pain, rheumatoid arthritis, inflammation, and circulation problems.

dccxxv. **Dogbane** (*Apocynum andros, Apocynum cannabinum*): reported to potentially help arthritis, circulation problems, and pain.

dccxxvi. **Dogwood** (*Cornus sericea, Cornus stolonifera, Cornus alba, Cornus circinata*): reported to potentially help arthritis, mobility problems, inflammation, pain, rheumatoid arthritis, and anxiety.

dccxxvii. **Doka** (*Odina wodier*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

dccxxviii. **Dong Quai** (*Angelica sinensis*): reported to potentially help circulation problems and inflammation.

dccxxix. **Donkey Hide Gelatin** (*Equus asinus*): reported to potentially help rheumatoid arthritis, osteoarthritis, circulation problems, and muscle problems.

dccxxx. **Doppruim** (*Pappea capensis*): reported to potentially help rheumatoid arthritis and pain.

dccxxxi. **Dorado Azul** (*Hyptis suaveolens*): reported to potentially help arthritis, muscle problems, and pain.

dccxxxii. **Dortmann's Cardinalflower** (*Lobelia dortmanna*): reported to potentially help rheumatoid arthritis, inflammation, and osteoarthritis.

dccxxxiii. **Douglas Fir** (*Pseudotsuga menziesii*): reported to potentially help muscle fatigue, rheumatoid arthritis, arthritis, rheumatoid arthritis, osteoarthritis, and anxiety.

dccxxxiv. **Downy Thorn Apple** (*Datura innoxia*): reported to potentially help pain, arthritis, and rheumatoid arthritis.

dccxxxv. **Dragon Bone** (Ossa Draconis, Fossil): reported to potentially help anxiety, circulation problems, and muscle problems.

dccxxxvi. **Dragonfruit** (*Hylocereus undatus*): reported to potentially help muscle problems and arthritis.

dccxxxvii. **Dragon Root** (*Arum dracontium*): reported to potentially help pain, inflammation, rheumatoid arthritis, and arthritis.

dccxxxviii. **Dragon's Blood** (Sangre De Drago, *Dracaena cinnabari*): reported to potentially help inflammation, arthritis, pain, muscle problems, anxiety, and circulation problems.

dccxxxix. **Dragon's Breath Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dccxl. **Drooping Prickly Pear** (*Opuntia monacantha*): reported to potentially help inflammation, rheumatoid arthritis, arthritis, and osteoarthritis.

dccxli. **Dropwort** (*Filipendula vulgaris*): reported to potentially help rheumatoid arthritis, arthritis, pain, and muscle problems.

dccxlii. **Drumstick Tree** (*Moringa oleifera*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

dccxliii. **Duckweed** (*Lemna minor*): reported to potentially help inflammation, pain, arthritis, osteoarthritis, and rheumatoid arthritis.

dccxliv. **Dugong** (*Dugong dugon*): reported to potentially help arthritis and pain.

dccxlv. **Dulcamara** (*Solanum dulcamara*): reported to potentially help arthritis, inflammation, and pain.

dccxlvi. **Dundicut Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dccxlvii. **Goanna** (*Varanus spp.*): reported to potentially help pain, arthritis, muscle problems, and rheumatoid arthritis.

dccxlviii. **Emu** (*Dromaius novaehollandiae*): reported to potentially help rheumatoid arthritis, inflammation, muscle problems, mobility problems, arthritis, and pain.

dccxlix. **Dwarf Mallow** (*Malva neglecta*): reported to potentially help inflammation, osteoarthritis, arthritis, pain, and rheumatoid arthritis.

dccl. **Dwarf Marigold** (*Schkuhria pinnata*): reported to potentially help rheumatoid arthritis, inflammation, and pain.

dccli. **Dwarf Nettle** (*Urtica urens*): reported to potentially help arthritis, pain, and muscle problems.

dcclii. **Dyer's Greenweed** (*Genista tinctoria*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and osteoarthritis.

dccliii. **Earthworm** (*Lumbricus spp.*): reported to potentially help arthritis and pain.

dccliv. **Eastern Hemlock** (*Tsuga canadensis*): reported to potentially help arthritis, rheumatoid arthritis, pain, and mobility problems.

dcclv. **Eastern Red Cedar** (*Juniperus virginiana*): reported to potentially help arthritis, inflammation, and pain.

dcclvi. **East Indian Glory Bower** (*Clerodendrum colebrookianum*): reported to potentially help arthritis, circulation problems, inflammation, and rheumatoid arthritis.

dcclvii. **East Indian Rosewood** (*Dalbergia lanceolaria*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

dcclviii. **Eggplant** (*Solanum melongena*): reported to potentially help arthritis and inflammation.

dcclix. **Egg Shell Membrane** (*Gallus gallus domesticus*): reported to potentially help osteoarthritis, pain, mobility problems, rheumatoid arthritis, and inflammation.

dcclx. **Egyptian Clover** (*Trifolium alexandrinum*): reported to potentially help arthritis.

dcclxi. **Egyptian Cotton** (*Gossypium barbadense*): reported to potentially help arthritis, circulation problems, muscle problems, inflammation, and rheumatoid arthritis.

dcclxii. **Egyptian Privet** (*Lawsonia inermis, Lawsonia alba*): reported to potentially help arthritis, inflammation, pain, anxiety, circulation problems, osteoarthritis, and rheumatoid arthritis.

dcclxiii. **Egyptian Rattlepod** (*Sesbania sesban*): reported to potentially help inflammation, pain, arthritis, and weakness.

dcclxiv. **Eicosapentaenoic Acid** (EPA): reported to potentially help inflammation, pain, rheumatoid arthritis, arthritis, osteoarthritis, and circulation problems.

dcclxv. **Eilat Stone**: reported to potentially help anxiety, healing of tissue, circulation problems, and spiritual vibrations.

dcclxvi. **El Aoud El Abiyad** (*Farsetia aegyptiaca*): reported to potentially help arthritis and rheumatoid arthritis.

dcclxvii. **Elderberry** (Elder Flower, *Sambucus spp.*): reported to potentially help inflammation, arthritis, muscle problems, pain, and anxiety.

dcclxviii. **Elecampane** (*Inula helenium*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

dcclxix. **Electricitas**: reported to potentially help anxiety, pain, and muscle weakness.

dcclxx. **Elemi** (*Canarium luzonicum, Canarium commune*): reported to potentially help rheumatoid arthritis, arthritis, inflammation, pain, and anxiety.

dcclxxi. **Elephant** (*Loxodonta spp., Elephas spp.*): reported to potentially help arthritis and pain.

dcclxxii. **Elephant Milk** (*Loxodonta spp., Elephas spp.*): reported to potentially help muscle weakness, arthritis, and cartilage degeneration.

dcclxxiii. **Elephant Creeper** (*Argyreia speciosa, Argyreia nervosa*): reported to potentially help arthritis, anxiety, muscle problems, inflammation, pain, obesity, and rheumatoid arthritis.

dcclxxiv. **Elephant Foot Yam** (*Amorphophallus campanulatus*): reported to potentially help arthritis, inflammation, and pain.

dcclxxv. **Eleuthero Root** (*Eleutherococcus senticosus*): reported to potentially help inflammation, rheumatoid arthritis, osteoarthritis, arthritis, and anxiety.

dcclxxvi. **Elk Velvet Antler Powder** (*Cervus nippon, Cervus elaphus, Cervi parvum*): reported to potentially help arthritis, mobility problems, pain, rheumatoid arthritis, inflammation, and muscle problems.

dcclxxvii. **Elm** (*Ulmus campestris, Ulmus parvifolia*): reported to potentially help inflammation and circulation problems.

dcclxxviii. **Emerald**: reported to potentially help anxiety, tissue regeneration, healing, and pain.

dcclxxix. **Enargite**: reported to potentially help anxiety and arthritis.

dcclxxx. **English Holly** (*Ilex aquifolium*): reported to potentially help arthritis and muscle problems.

dcclxxxi. **English Ivy** (*Hedera helix*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

dcclxxxii. **English Oak** (Quercus Glandium Spiritus, *Quercus spp.*): reported to potentially help arthritis, pain, and mobility problems.

dcclxxxiii. **Engosaku** (*Corydalis yanhusuo-rhizome*): reported to potentially help inflammation, muscle problems, circulation problems, anxiety, osteoarthritis, arthritis, and pain.

dcclxxxiv. ***Enterococcus faecium***: reported to potentially help inflammation and anxiety.

dcclxxxv. **Epiitalis** (*Biota orientalis*): reported to potentially help inflammation, arthritis, and pain.

dcclxxxvi. **Epsom Salt** (MgSO4): reported to potentially help pain, mobility problems, inflammation, arthritis, and muscle problems.

dcclxxxvii. **Eriocarpa** (*Farsetia clypeata*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

dcclxxxviii. **Erythrite**: reported to potentially help anxiety, inflammation, healing rays, and circulation problems.

dcclxxxix. **Eskoba** (*Sida retusa*): reported to potentially help arthritis, pain, muscle problems, osteoarthritis, and rheumatoid arthritis.

dccxc. **Estafiate** (*Artemisia mexicana*): reported to potentially help rheumatoid arthritis and pain.

dccxci. **Ethyl-alpha(guanido-methyl)ethanoate** (AG): reported to potentially help inflammation, pain, muscle problems, muscle fatigue, and poor athletic performance.

dccxcii. **Eucalyptol**: reported to potentially help inflammation, pain, circulation problems, anxiety, rheumatoid arthritis, muscle problems, arthritis, and osteoarthritis.

dccxciii. **Eucalyptus** (*Eucalyptus citriodora, Eucalyptus dives, Eucalyptus globulus, Eucalyptus radiata, Eucalyptus polybractea*): reported to potentially help inflammation, pain, circulation problems, anxiety, rheumatoid arthritis, muscle problems, arthritis, and osteoarthritis.

dccxciv. **Euclase**: reported to potentially help anxiety, inflammation, muscle problems, pain, and circulation problems.

dccxcv. **Eugenol**: reported to potentially help inflammation, arthritis, pain, rheumatoid arthritis, and muscle problems.

dccxcvi. **Eupion** (Eupionum): reported to potentially help pain.

dccxcvii. **European Ash** (*Fraxinus excelsior*): reported to potentially help arthritis, inflammation, circulation problems, rheumatoid arthritis, pain, and osteoarthritis.

dccxcviii. **European Beech** (*Fagus sylvatica*): reported to potentially help arthritis, inflammation, and pain.

dccxcix. **European Bindweed** (*Convolvulus duartinus*): reported to potentially help inflammation and pain.

dccc. **European Buckthorn** (*Rhamnus catharticus*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

dccci. **European Chestnut** (*Castanea vesca*): reported to potentially help joint problems, muscle problems, and pain.

dcccii. **European Columbine** (*Aquilegia vulgaris*): reported to potentially help arthritis, anxiety, pain, and muscle problems.

dcccciii. **European Spindletree** (*Euonymus europaea*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

dcccciv. **Evening Primrose** (*Oenothera biennis*): reported to potentially help mobility problems, pain, inflammation, and rheumatoid arthritis.

dcccv. **Eyebright** (*Euphrasia officinalis*): reported to potentially help inflammation.

dcccvi. **Fagaropsis** (*Fagaropsis hildebrandtii*): reported to potentially help arthritis and pain.

dcccvii. **Fall Blooming Saffron** (*Crocus sativus*): reported to potentially help pain, inflammation, mobility problems, inflammation, and arthritis.

dcccviii. **False Daisy** (*Eclipta prostrata*): reported to potentially help arthritis, inflammation, and pain, rheumatoid arthritis, and osteoarthritis.

dcccix. **False Unicorn** (*Helonias dioica*): reported to potentially help inflammation, circulation problems, and rheumatoid arthritis.

dcccx. **Fareed Booti** (*Farsetia hamiltonii*): reported to potentially help arthritis and rheumatoid arthritis.

dcccxi. **Fava Bean** (Broad Bean, *Vicia faba*): reported to potentially help obesity, circulation problems, and arthritis.

dcccxii. **February Daphne** (*Daphne mezereum*): reported to potentially help arthritis and rheumatoid arthritis.

dcccxiii. **Felty Germander** (*Teucrium polium*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

dcccxiv. **Fennel** (*Foeniculum vulgare,* Sweet Fennel): reported to potentially help arthritis, inflammation, obesity, circulation problems, anxiety, osteoarthritis, and rheumatoid arthritis.

dcccxv. **Fenugreek** (*Trigonella foenum-graecum*): reported to potentially help pain, arthritis, and inflammation.

dcccxvi. **Fern Asparagus** (*Asparagus filicinus*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

dcccxvii. **Acetate of Iron** (Ferrum Aceticum): reported to potentially help pain, inflammation, and anxiety.

dcccxviii. **Iodide of Iron** (Ferrum Iodatum): reported to potentially help inflammation and pain.

dcccxix. **Iron** (Ferrum Metallicum): reported to potentially help pain and circulation problems.

dcccxx. **Iron Phosphate** (Ferrum Phosphoricum): reported to potentially help circulation problems, mobility problems, pain, inflammation, and muscle fatigue.

dcccxxi. **Sulfur of Iron** (Ferrum Sulphuricum): reported to potentially help pain.

dcccxxii. **Tartrate of Iron** (Ferrum Tartaricum): reported to potentially help pain and circulation problems.

dcccxxiii. **Feverfew** (*Tanacetum parthenium*): reported to potentially help arthritis, inflammation, and pain.

dcccxxiv. **Fiber**: reported to potentially help inflammation.

dcccxxv. **Field Bindweed** (*Convolvulus arvensis*): reported to potentially help inflammation and arthritis.

dcccxxvi. **Field Horsetail** (*Equisetum arvensis*): reported to potentially help pain, arthritis, rheumatoid arthritis, and osteoarthritis.

dcccxxvii. **Field Pumpkin** (*Cucurbita pepo*): reported to potentially help arthritis, inflammation, pain, and circulation problems.

dcccxxviii. **Fig** (*Ficus carica*): reported to potentially help rheumatoid arthritis.

dcccxxix. **Firetail** (*Polygonum amplexicaule*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

dcccxxx. **Fireweed** (*Erechtites spp.*): reported to potentially help inflammation and pain.

dcccxxxi. **Fir Needle** (*Abies balsamea, Abies alba*): reported to potentially help rheumatoid arthritis, osteoarthritis, arthritis, circulation problems, pain, muscle problems, and anxiety.

dcccxxxii. **Fish Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

dcccxxxiii. **Fish Poison** (*Tephrosia falciformis*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

dcccxxxiv. **Fish Venom** (*Synanceia spp., Pterois spp., Sector spp., Thalassophryne spp., Siganus spp., Glyptauchen panduratus, Inimicus spp., Ablabys taenianotus., Meiacanthus spp., Echiichthys vipera, Trachinus spp.*):

dcccxxxv. **Fissistigma** (*Fissistigma balansae, Fissistigma glaucescens, Fissistigma old-harnii, Fissistigma polyanthum, Fissistigma shangtzeense*): reported to potentially help rheumatoid arthritis and inflammation.

dcccxxxvi. **Five Leaf Akebia** (*Akebia quinata*): reported to potentially help rheumatoid arthritis, inflammation, and arthritis.

dcccxxxvii. **Flame of the Forest Flower** (*Butea monosperma*): reported to potentially help arthritis, inflammation, and cartilage problems.

dcccxxxviii. **Flaxseed** (*Linum usitatissimum*): reported to potentially help inflammation, rheumatoid arthritis, arthritis, osteoarthritis, mobility problems, pain, and circulation problems.

dcccxxxix. **Flea Extract** (*Pulex irritans*): reported to potentially help arthritis.

dcccxl. **Fleshy Spurge** (*Euphorbia neriifolia*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

dcccxli. **Florentine Iris** (*Iris florentina*): reported to potentially help arthritis and inflammation.

dcccxlii. **Flowering Dogwood** (*Cornus florida*): reported to potentially help pain, arthritis, and inflammation.

dcccxliii. **Flowering Quince** (*Chaenomeles speciosa*): reported to potentially help pain.

dcccxliv. **Flowering Spurge** (*Euphorbia corollata*): reported to potentially help arthritis and inflammation.

dcccxlv. **Fluorite**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

dcccxlvi. **Fly Agaric** (*Agaricus muscarius*): reported to potentially help circulation problems, rheumatoid arthritis, arthritis, pain, and inflammation.

dcccxlvii. **Fly Honeysuckle** (*Lonicera xylosteum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dcccxlviii. **Folinic Acid**: reported to potentially help rheumatoid arthritis.

dcccxlix. **Fool's Gold** (Pyrite): reported to potentially help anxiety, negative energy shielding, and freeing the shackles of control.

dcccl. **Fool's Parsley** (*Aethusa cynapium*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

dcccli. **Formic Acid**: reported to potentially help rheumatoid arthritis, bursitis, arthritis, mobility problems, and pain.

dccclii. **Forskolin** (*Coleus forskohlii*): reported to potentially help obesity, circulation problems, and rheumatoid arthritis.

dccccliii. **Fortetropin**: reported to potentially help muscle degeneration and mobility problems.

dccccliv. **Fo-Ti Root** (*Polygonum multiflorum*): reported to potentially help arthritis, rheumatoid arthritis, pain, circulation problems, osteoarthritis, and inflammation.

dcccclv. **Foxtail Millet** (*Setaria italica*): reported to potentially help arthritis, obesity, and rheumatoid arthritis.

dcccclvi. **Fragrant Sumac** (*Rhus aromatica*): reported to potentially help arthritis.

dcccclvii. **Fragrant Swamp Mallow** (*Pavonia odorata*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and circulation problems.

dcccclviii. **Francevillite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, inflammation, osteoarthritis, and pain.

dcccclix. **Frangipani** (*Plumeria acuminata, Plumeria acutifolia*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

dccclx. **Frankincense** (*Boswellia serrata, Boswellia carterii, Boswellia frereana, Boswellia sacra*): reported to potentially help anxiety, mobility problems, pain, inflammation, osteoarthritis, rheumatoid arthritis, and bursitis.

dccclxi. **Freshwater Sponge** (*Spongilla lacustris*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

dccclxii. **Fringed Spider Flower** (*Cleome rutidosperma*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dccclxiii. **Fringe Tree** (*Chionanthus virginica*): reported to potentially help rheumatoid arthritis.

dccclxiv. **Fritillaria** (*Fritillaria cirrhosa*): reported to potentially help pain, joint problems, and circulation problems.

dccclxv. **Frog Fruit** (*Lippia nodiflora*): reported to potentially help inflammation, pain, and rheumatoid arthritis.

dccclxvi. **Frog poison** (*Aparasphenodon brunoi, Corythomantis greeningi*):

dccclxvii. **Fucoidan** (*Hizikia fusiforme*): reported to potentially help arthritis, inflammation, osteoarthritis, obesity, and rheumatoid arthritis.

dccclxviii. **Fula-Fulfulde** (*Ocimum suave*): reported to potentially help rheumatoid arthritis and pain.

dccclxix. **Fuling** (*Poria cocos*): reported to potentially help rheumatoid arthritis.

dccclxx. **Fulvic Acid**: reported to potentially help rheumatoid arthritis, muscle problems, pain, and inflammation.

dccclxxi. **Fumitory** (*Fumaria officinalis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

dccclxxii. **Gajapipul** (*Scindapsus officinalis*): reported to potentially help arthritis, inflammation, osteoarthritis, pain, and rheumatoid arthritis.

dccclxxiii. **Galangal** (*Alpinia galanga, Kaempferia galanga*): reported to potentially help osteoarthritis, rheumatoid arthritis, arthritis, inflammation, and circulation problems.

dccclxxiv. **Galbanum** (*Ferula gummosa, Ferula galbaniflua*): reported to potentially help arthritis, inflammation, pain, circulation problems, rheumatoid arthritis, and muscle problems.

dccclxxv. **Galena**: reported to potentially help anxiety, inflammation, circulation problems, and harmony.

dccclxxvi. **Galenite**: reported to potentially help anxiety, inflammation, circulation problems, and healing.

dccclxxvii. **Gallic Acid**: reported to potentially help inflammation, circulation problems, arthritis, and rheumatoid arthritis.

dccclxxviii. **Gall Nut** (*Terminalia chebula*): reported to potentially help arthritis, pain, and inflammation.

dccclxxix. **Galsiekslaai** (*Aizoon canariense*): reported to potentially help arthritis and inflammation.

dccclxxx. **Gamma-Linolenic Acid** (GLA): reported to potentially help arthritis, inflammation, circulation problems, pain, rheumatoid arthritis, and mobility problems.

dccclxxxi. **Gaozaban** (*Obosona bracteatum*): reported to potentially help arthritis.

dccclxxxii. **Garbanzo Bean** (Chickpea, *Cicer arietinum*): reported to potentially help arthritis, pain, inflammation, rheumatoid arthritis, and mobility problems.

dccclxxxiii. **Garcinia Cambogia** (*Garcinia gummi-gutta*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, obesity, and poor athletic performance.

dccclxxxiv. **Garcinol**: reported to potentially help obesity, inflammation, arthritis, circulation problems, and pain.

dccclxxxv. **Garden Cress** (*Lepidium sativum*): reported to potentially help arthritis and rheumatoid arthritis.

dccclxxxvi. **Garden Heliotrope** (*Valeriana officinalis*): reported to potentially help arthritis, anxiety, pain, and muscle problems.

dccclxxxvii. **Gardenia** (*Gardenia jasminoides*): reported to potentially help inflammation, anxiety, and arthritis.

dccclxxxviii. **Garden Sorrel** (*Rumex acetosa*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

dccclxxxix. **Garlic** (*Allium sativum*): reported to potentially help arthritis, inflammation, cartilage degeneration, rheumatoid arthritis, circulation problems, osteoarthritis, and pain.

dcccxc. **Garlic Vine** (*Mansoa alliacea*): reported to potentially help rheumatoid arthritis, arthritis, inflammation, and pain.

dcccxci. **Garnet**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, pain, inflammation, protection from nightmares, warning of danger, protection from lightning, protection from fire, and circulation problems.

dcccxcii. **Gelatin** (Gelatine Hydrolysate, Hydrolyzed Gelatine, *Bos taurus, Bos indicus*): reported to potentially help pain, arthritis, muscle problems, osteoarthritis, and rheumatoid arthritis.

dcccxciii. **Geophila** (*Geophila spp.*): reported to potentially help arthritis and pain.

dcccxciv. **Geranium** (*Pelargonium graveolens*): reported to potentially help anxiety, inflammation, arthritis, muscle problems, circulation problems, and pain.

dcccxcv. **German Chamomile** (*Matricaria recutica*): reported to potentially help inflammation, muscle problems, rheumatoid arthritis, anxiety, and pain.

dcccxcvi. **Germander** (*Teucrium chamaedrys*): reported to potentially help arthritis, obesity, and inflammation.

dcccxcvii. **Gervao** (*Stachytarpheta jamaicensis*): reported to potentially help arthritis, rheumatoid arthritis, circulation problems, inflammation, and pain.

dcccxcviii. **Gevuina** (Chilean Hazelnut, *Gevuina avellana*): reported to potentially help rheumatoid arthritis, inflammation, and arthritis.

dcccxcix. **Ghaf** (*Prosopis spicigera*): reported to potentially help arthritis.

cm. **Ghandi Root** (*Sugandh mantri*): reported to potentially help inflammation, pain, arthritis, muscle problems, and rheumatoid arthritis.

cmi. **Ghost Pepper** (Bhut Jolokia, *Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cmii. **Giant Alocasia** (*Alocasia indica*): reported to potentially help arthritis, circulation problems, and rheumatoid arthritis.

cmiii. **Giant Milkweed** (*Calotropis gigantea, Calotropis procera*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, and inflammation.

cmiv. **Giant Monkey Frog** (*Phyllomedusa bicolor*)

cmv. **Gila Monster Saliva** (*Heloderma suspectum*)

cmvi. **Gila Monster Venom** (*Heloderma suspectum*):

cmvii. **Ginger** (*Zingiber officinalis*): reported to potentially help circulation problems, muscle problems, anxiety, osteoarthritis, rheumatoid arthritis, inflammation, and pain.

cmviii. **Ginkgo** (*Ginkgo biloba*): reported to potentially help circulation problems and pain.

cmix. **Ginseng** (*Panax spp.*): reported to potentially help anxiety, arthritis, inflammation, and rheumatoid arthritis.

cmx. **Giradol** (*Croton oblongifolius*): reported to potentially help arthritis, pain, and inflammation.

cmxi. **Glauber's Salts** (NaSO4): reported to potentially help rheumatoid arthritis.

cmxii. **Glorybower** (*Clerodendrum phlomoides, Clerodendrum serratum, Clerodendrum siphonanthus*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

cmxiii. **Glucosamine** (Glucosamine HCl): reported to potentially help mobility problems, pain, inflammation, and osteoarthritis.

cmxiv. **Glucosinolate**: reported to potentially help inflammation and circulation problems.

cmxv. **Glutamine** (L-Glutamine): reported to potentially help muscle fatigue and muscle degeneration.

cmxvi. **Glutathione** (L-Glutathione, Glutathione Peroxidase): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

cmxvii. **Glycerine**: reported to potentially help obesity, pain, and arthritis.

cmxviii. **Glycine**: reported to potentially help pain, inflammation, and arthritis.

cmxix. **Goanese Ipecac** (*Naregamia alata*): reported to potentially help arthritis and pain.

cmxx. **Goat Colostrum** (*Capra aegagrus hircus*):

cmxxi. **Goat Whey** (CSN1S2, *Capra aegagrus hircus*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

cmxxii. **Gobhi** (*Elephantopus scaber*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

cmxxiii. **God's Tree** (*Alstonia boonei*): reported to potentially help arthritis, inflammation, and pain.

cmxxiv. **Goji Berry** (*Lycium barbarum*): reported to potentially help muscle problems and inflammation.

cmxxv. **Gokhru** (*Pedalium murex*): reported to potentially help arthritis, inflammation, circulation problems, and pain.

cmxxvi. **Gold** (Aurum Metalicum): reported to potentially help pain, muscle problems, arthritis, mobility problems, rheumatoid arthritis, and anxiety.

cmxxvii. **Golden Alexander** (*Zizia aurea*): reported to potentially help arthritis and muscle problems.

cmxxviii. **Golden Cassia** (*Cassia spectabilis*): reported to potentially help rheumatoid arthritis and pain.

cmxxix. **Golden Champa** (*Magnolia champaca, Michelia champaca*): reported to potentially help inflammation, pain, arthritis, rheumatoid arthritis, and circulation problems.

cmxxx. **Golden Fragrance** (*Pittosporum napaulensis*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

cmxxxi. **Golden Ragwort** (*Senecio aureus*): reported to potentially help arthritis, inflammation, and pain.

cmxxxii. **Goldenrod** (*Solidago canadensis*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, muscle problems, pain, and circulation problems.

cmxxxiii. **Golden Root** (*Rhodiola rosea*): reported to potentially help anxiety, poor athletic performance, arthritis, rheumatoid arthritis, and inflammation.

cmxxxiv. **Goldenseal** (*Hydrastis canadensis*): reported to potentially help inflammation and arthritis.

cmxxxv. **Golden Shower** (*Cassia fistula*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.

cmxxxvi. **Golden Trumpet** (*Allamanda cathartica*): reported to potentially help inflammation.

cmxxxvii. **Gold Thread** (*Coptis teeta*): reported to potentially help arthritis, inflammation, and pain.

cmxxxviii. **Goomar Teak** (*Gmelina arborea*): reported to potentially help rheumatoid arthritis, osteoarthritis, and arthritis.

cmxxxix. **Gooseberry** (Alma, *Phyllanthus emblica*): reported to potentially help inflammation, pain, arthritis, osteoarthritis, cartilage problems, and circulation problems.

cmxl. **Goose Foot** (*Chenopodium album*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cmxli. **Gorilla** (*Gorilla gorilla beringei*): reported to potentially help muscle weakness and poor athletic performance.

cmxlii. **Gorse** (*Ulex europaeus, Ulex europaeus* agglutinin I, UEA I): reported to potentially help rheumatoid arthritis and osteoarthritis.

cmxliii. **Goshenite**: reported to potentially help anxiety, pain, muscle problems, and connection to the divine.

cmxliv. **Gotu Kola** (*Centella asiatica*): reported to potentially help anxiety, circulation problems, inflammation, arthritis, and arthritis.

cmxlv. **Goutweed** (*Aegopodium podagraria*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cmxlvi. **Govan's Corydalis** (*Corydalis govaniana*): reported to potentially help osteoarthritis, arthritis, inflammation, pain, and circulation problems.

cmxlvii. **Grains of Paradise** (*Aframomum melegueta*): reported to potentially help pain and arthritis.

cmxlviii. **Grandidierite**: reported to potentially help anxiety, communication to one's truth, circulation problems, and inflammation.

cmxlix. **Grape** (*Vitis vinifera*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, osteoarthritis, cartilage degeneration, obesity, and pain.

cml. **Grapefruit** (*Citrus paradisi*): reported to potentially help arthritis, pain, mobility problems, rheumatoid arthritis, muscle problems, inflammation, anxiety, and osteoarthritis.

cmli. **Grass Pea** (*Lathyrus sativus*): reported to potentially help arthritis and pain.

cmlii. **Gravel Root** (*Eutrochium purpureum, Eupatorium aromaticum*): reported to potentially help rheumatoid arthritis, pain, arthritis, osteoarthritis, and inflammation.

cmliii. **Greater Burdock** (Gobo, *Lappa arctium*): reported to potentially help muscle problems, inflammation, circulation problems, osteoarthritis, rheumatoid arthritis, pain, and arthritis.

cmliv. **Greater Celandine** (*Chelidonium majus*): reported to potentially help arthritis, rheumatoid arthritis, and anxiety.

cmlv. **Greater Galangal** (*Alpinia galanga*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and osteoarthritis.

cmlvi. **Great Hairy Willowherb** (*Epilobium hirsutum*): reported to potentially help arthritis, inflammation, anxiety, rheumatoid arthritis, and pain.

cmlvii. **Great Valley Gumweed** (*Grindelia robusta*): reported to potentially help arthritis, muscle problems, and pain.

cmlviii. **Great Water Parsnip** (*Sium latifolium*): reported to potentially help inflammation, arthritis, obesity, and pain.

cmlix. **Great Weever** (*Trachinus* draco): reported to potentially help arthritis, obesity, rheumatoid arthritis, circulation problems, and inflammation.

cmlx. **Great Yellow Gentian** (*Gentiana lutea*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

cmlxi. **Great Yellow Wolfsbane** (*Aconitum lycoctonum*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

cmlxii. **Greek Strawberry Tree** (*Arbutus andrachne*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cmlxiii. **Green Aventurine**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

cmlxiv. **Green Bean** (*Phaseolus vulgaris*): reported to potentially help inflammation, circulation problems, and muscle problems.

cmlxv. **Greenbrier** (*Smilax lanceifolia, Smilax officinalis*): reported to potentially help arthritis.

cmlxvi. **Green Coffee Bean** (*Coffea arabica, Coffea robusta*): reported to potentially help obesity.

cmlxvii. **Green Emerine**: reported to potentially help anxiety, arthritis, pain, and healing.

cmlxviii. **Green Hellebore** (*Helleborus viridis*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

cmlxix. **Green-Lipped Mussel** (PCSO-524, *Perna canaliculus*): reported to potentially help inflammation, osteoarthritis, arthritis, pain, and rheumatoid arthritis.

cmlxx. **Green Tea** (*Camellia sinensis*): reported to potentially help obesity and poor athletic performance.

cmlxxi. **Grewia** (*Grewia fallax*): reported to potentially help rheumatoid arthritis and pain.

cmlxxii. **Grossularite**: reported to potentially help anxiety, tissue regeneration, inflammation, and circulation problems.

cmlxxiii. **Ground** (*Sorghum bicolor*): reported to potentially help rheumatoid arthritis and inflammation.

cmlxxiv. **Apigeninidin**: reported to potentially help inflammation and rheumatoid arthritis.

cmlxxv. **Ground Root Bark** (*Capparis erythrocarpus*): reported to potentially help arthritis, rheumatoid arthritis, and circulation problems.

cmlxxvi. **Groundsel** (*Senecio heteromalla*): reported to potentially help arthritis, rheumatoid arthritis, pain, and muscle problems.

cmlxxvii. **Ground Virginsbower** (*Clematis erecta*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

cmlxxviii. **Guaiacwood** (*Guaiacum officinale*): reported to potentially help rheumatoid arthritis, inflammation, pain, and arthritis.

cmlxxix. **Guajillo Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cmlxxx. **Guanethidine**: reported to potentially help arthritis and circulation problems.

cmlxxxi. **Guao** (*Comocladia dentata*): reported to potentially help arthritis and pain.

cmlxxxii. **Guaraguao** (*Guarea trichilioides*): reported to potentially help arthritis and circulation problems.

cmlxxxiii. **Guarana** (*Paullinia cupana*): reported to potentially help inflammation, circulation problems, obesity, muscle problems, and arthritis.

cmlxxxiv. **Guava** (*Psidium guajava*): reported to potentially help arthritis, mobility problems, inflammation, circulation problems, and osteoarthritis.

cmlxxxv. **Guggul** (*Balsamodendron mukul, Balsamodendron playfairii, Commiphora wightii, Commiphora gileadensis, Commiphora mukul*): reported to potentially help arthritis,

obesity, circulation problems, pain, mobility problems, osteoarthritis, and osteoarthritis.

cmlxxxvi. **Gulungoor** (*Pistacia khinjuk*): reported to potentially help inflammation, arthritis, and osteoarthritis.

cmlxxxvii. **Gum Ammoniac** (*Dorema ammoniacum*): reported to potentially help arthritis, inflammation, osteoarthritis, rheumatoid arthritis, and pain.

cmlxxxviii. **Gum Arabic Tree** (*Acacia nilotica*): reported to potentially help pain, arthritis, muscle problems, osteoarthritis, and inflammation.

cmlxxxix. **Gum Guiacum** (Guaiacwood, *Guaiacum officinale*): reported to potentially help pain, arthritis, rheumatoid arthritis, and inflammation.

cmxc. **Gumma** (*Leucas cephalotes*): reported to potentially help inflammation, tendon problems, ligament problems, and joint problems.

cmxci. **Gungo Pea** (*Cajanus cajan*): reported to potentially help rheumatoid arthritis and pain.

cmxcii. **Guntur Sannam Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cmxciii. **Gymnema** (*Gymnema sylvestre*): reported to potentially help obesity, circulation problems, arthritis, rheumatoid arthritis, and pain.

cmxciv. **Gypsum** (CaSO4): reported to potentially help arthritis, anxiety, pain, and inflammation.

cmxcv. **Habanero Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

cmxcvi. **Hairy Fleabane** (*Conyza bonariensis*): reported to potentially help arthritis and mobility problems.

cmxcvii. **Hairy Rocky Rose** (*Cistus creticus*): reported to potentially help arthritis, pain, rheumatoid arthritis, circulation problems, and inflammation.

cmxcviii. **Hairy Senna** (*Senna hirsuta*): reported to potentially help rheumatoid arthritis and pain.

cmxcix. **Hairy Wood Rose** (*Merremia aegyptia*): reported to potentially help arthritis and inflammation.

m. **Lycium Berry** (*Lycium barbarum*): reported to potentially help muscle fatigue and pain.

mi. **Caviar** (*Huso huso*): reported to potentially help anxiety, osteoarthritis, rheumatoid arthritis, and arthritis.

mii. **Quebecol**: reported to potentially help inflammation, rheumatoid arthritis, and circulation problems.

miii. **Sugar Maple** (*Acer saccharum*): reported to potentially help inflammation, rheumatoid arthritis, and circulation problems.

miv. **Hydrogen Peroxide**: reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mv. **Hardy Rubber Tree** (*Eucommia ulmoides*): reported to potentially help circulation problems, muscle degeneration, and inflammation.

mvi. **Spermidine**: reported to potentially help inflammation, arthritis, rheumatoid arthritis, and osteoarthritis.

mvii. **Lactoferricin**: reported to potentially help inflammation.

mviii. **C-Phycocyanin**: reported to potentially help inflammation, pain, and osteoarthritis.

mix. **Sauchinone**: reported to potentially help arthritis and inflammation.

mx. **Lizard's Tail** (*Saururus chinensis*): reported to potentially help inflammation and arthritis.

mxi. **Trivalent Chromium**: reported to potentially help obesity, arthritis, poor athletic performance, anxiety, circulation problems, and muscle degeneration.

mxii. **Hexavalent Chromium**: reported to potentially help obesity, arthritis, poor athletic performance, anxiety, circulation problems, and muscle degeneration.

mxiii. **Chromium Picolinate**: reported to potentially help obesity, arthritis, poor athletic performance, anxiety, circulation problems, and muscle degeneration.

mxiv. **Micro-RNA-29a**: reported to potentially help inflammation and osteoarthritis.

mxv. **Micro-RNA-140**: reported to potentially help osteoarthritis.

mxvi. **Micro-RNA-150-5p**: reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mxvii. **CircSERPINE2**: reported to potentially help osteoarthritis.

mxviii. **Durian** (*Durio zibethinus*): reported to potentially help inflammation, anxiety, circulation problems, and arthritis.

mxix. **Hara** (*Isodon japonicus*): reported to potentially help arthritis and rheumatoid arthritis.

mxx. **Hare Foot Uraria** (*Uraria lagopodioides*): reported to potentially help arthritis and pain.

mxxi. **Haritaki** (*Terminalia chebula*): reported to potentially help arthritis, circulation problems, inflammation, pain, and obesity.

mxxii. **Harlequin Glorybower** (*Clerodendrum trichotomum*): reported to potentially help inflammation and rheumatoid arthritis.

mxxiii. **Harmal** (*Rhazya stricta*): reported to potentially help arthritis, inflammation, and circulation problems.

mxxiv. **Haskap Berry** (*Lonicera caerulea*): reported to potentially help rheumatoid arthritis, arthritis, inflammation, and pain.

mxxv. **Hasselquistii** (*Hasselquistii aegyptiaca*): reported to potentially help rheumatoid arthritis and pain.

mxxvi. **Hawdhan Fa'ri** (*Ranunculus constantinapolitanus*): reported to potentially help inflammation.

mxxvii. **Hawthorn** (*Crataegus pinnatifida*): reported to potentially help anxiety, inflammation, circulation problems, arthritis, and pain.

mxxviii. **Hay Bacillus** (*Mutabile bacillus*): reported to potentially help arthritis.

mxxix. **Hazelnut** (*Corylus avellana*): reported to potentially help inflammation and arthritis.

mxxx. **Headache Tree** (*Premna integrifolia, Premna corymbosa, Premna Hacea, Premna serratifolia*): reported to potentially help arthritis, pain, inflammation, rheumatoid arthritis, obesity, and circulation problems.

mxxxi. **Head Louse** (*Pediculus capitis*): reported to potentially help rheumatoid arthritis.

mxxxii. **Heart** (*Bos taurus, Bos indicus*): reported to potentially help obesity, inflammation, and arthritis.

mxxxiii. **Heartbreak Grass** (*Gelsemium elegans*): reported to potentially help rheumatoid arthritis and pain.

mxxxiv. **Heartleaf Fanpetals** (*Sida cordata*): reported to potentially help inflammation, arthritis, mobility problems, and pain.

mxxxv. **Heart Leaved Moonseed** (*Tinospora cordifolia, Tinospora malabarica*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mxxxvi. **Heartsease** (*Viola tricolor*): reported to potentially help inflammation.

mxxxvii. **Heather** (*Calluna vulgaris*): reported to potentially help arthritis, osteoarthritis, rheumatoid arthritis, and pain.

mxxxviii. **Hedge Hyssop** (*Gratiola officinalis*): reported to potentially help pain and arthritis.

mxxxix. **Hedgenettle** (*Stachys pilifera, Stachys turcomanica, Stachys byzantina, Stachys inflata, Stachys mucronata, Stachys schtschegleevii, Stachys iva*): reported to potentially help rheumatoid arthritis, inflammation, anxiety, and pain.

mxl. **Ivy** (*Hedera helix*): reported to potentially help arthritis and inflammation.

mxli. **Prishniparni** (*Hedysarum pictum*): reported to potentially help inflammation, rheumatoid arthritis, and pain.

mxlii. **Shalparni** (*Desmodium gangeticum*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mxliii. **Helichrysum** (*Helichrysum italicum, Helichrysum splendidum*): reported to potentially help anxiety, inflammation, arthritis, rheumatoid arthritis, pain, and muscle problems.

mxliv. **Heliotrope** (*Heliotropium cabulicum*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mxlv. **Hematite**: reported to potentially help anxiety, pain, arthritis, osteoarthritis, healing, circulation problems, strength, vitality, and mind-body connection problems.

mxlvi. **Hemlock** (*Tsuga canadensis*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mxlvii. **Henbane** (*Hyoscyamus niger*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mxlviii. **Henbit Dead Nettle** (*Lamium amplexicaule*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, and muscle problems.

mxlix. **Herring** (*Clupea harengus*): reported to potentially help inflammation, circulation problems, arthritis, and pain.

ml. **Hesperidin Methyl Chalcone** (HMC): reported to potentially help inflammation, pain, and circulation problems.

mli. **Hessonite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, and pain.

mlii. **Hiddenite**: reported to potentially help anxiety, circulation problems, and conjuring inner strength.

mliii. **Hierba de la Víbora** (*Zorrica spp.*): reported to potentially help inflammation.

mliv. **Hierba del Golpe** (*Oenothera rosea*): reported to potentially help inflammation.

mlv. **Hierba del Pollo** (*Commelina stans*): reported to potentially help arthritis.

mlvi. **Hierba de San Francisco** (*Heimia salicifolia*): reported to potentially help inflammation.

mlvii. **Himalayan Blinding Tree** (*Excoecaria acerifolia*): reported to potentially help arthritis and rheumatoid arthritis.

mlviii. **Himalayan Cedarwood** (*Cedrus deodara*): reported to potentially help pain, arthritis, mobility problems, rheumatoid arthritis, and muscle problems.

mlix. **Himalayan Cheese Wood** (*Pittosporum eriocarpum*): reported to potentially help arthritis.

mlx. **Himalayan Cherry Prinsepia** (*Prinsepia utilis*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mlxi. **Himalayan Fleabane** (*Erigeron multiradiatus*): reported to potentially help arthritis, inflammation, and osteoarthritis.

mlxii. **Himalayan Fleeceflower** (*Bistorta affinis*): reported to potentially help arthritis, rheumatoid arthritis and inflammation.

mlxiii. **Himalayan Ivy** (*Hedera nepalensis*): reported to potentially help arthritis, inflammation, osteoarthritis, and rheumatoid arthritis.

mlxiv. **Himalayan Mayapple** (*Podophyllum hexandrum*): reported to potentially help rheumatoid arthritis, inflammation, pain, and arthritis.

mlxv. **Himalayan Nettle** (*Girardinia Gaudich*): reported to potentially help inflammation, pain, and joint problems.

mlxvi. **Himalayan Peony** (*Paeonia emodi*): reported to potentially help pain, arthritis, inflammation, and rheumatoid arthritis.

mlxvii. **Himalayan Pittosporum** (*Pittosporum floribundum*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

mlxviii. **Himalayan Rhubarb** (*Rheum australe*): reported to potentially help rheumatoid arthritis, arthritis, pain, and osteoarthritis.

mlxix. **Himalayan Thimbleweed** (*Anemone obtusiloba*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mlxx. **Himalayan White Pine** (*Pinus wallichiana*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and osteoarthritis.

mlxxi. **Himalayan Wild Rhea** (*Debregeasia salicifolia*): reported to potentially help arthritis.

mlxxii. **Hiptage** (*Hiptage benghalensis, Hiptage madablota*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mlxxiii. **Histidine**: reported to potentially help rheumatoid arthritis, obesity, and anxiety.

mlxxiv. **Hoary Leaved Heron's Bill** (*Erodium crassifolium*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, muscle problems, and pain.

mlxxv. **Hoary Thorn Apple** (*Datura inoxia*): reported to potentially help pain, arthritis, and rheumatoid arthritis.

mlxxvi. **Ho Chi Minh Hot Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mlxxvii. **Hoepel** (*Copaifera guianensis*): reported to potentially help rheumatoid arthritis, osteoarthritis, inflammation, and pain.

mlxxviii. **Hogweed** (*Heracleum sphondylium, Heracleum mantegazzianum, Heracleum moellendorffi*): reported to potentially help arthritis and pain.

mlxxix. **Hollyhock** (*Althaea rosea*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

mlxxx. **Holy Basil** (*Ocimum sanctum, Ocimum tenuiflorum*): reported to potentially help inflammation, pain, arthritis, anxiety, muscle problems, rheumatoid arthritis, and circulation problems.

mlxxxi. **Holy Garlic Pear** (*Crataeva nurvala, Crateva religiosa*): reported to potentially help arthritis, obesity, circulation problems, pain, inflammation, and rheumatoid arthritis.

mlxxxii. **Holy Water**: claimed to be "Miracle healing water."

mlxxxiii. **Plasma** (*Bos spp., Sus domesticus, Canis lupus familiaris*): reported to potentially help muscle degeneration and inflammation.

mlxxxiv. **Honey Clover** (*Melilotus albus*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mlxxxv. **Honey Pure/Raw/Unfiltered** (*Apis spp.*): reported to potentially help muscle problems, arthritis, inflammation, and obesity.

mlxxxvi. **Hontaka Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mlxxxvii. **Hoodia** (*Hoodia gordonii*): reported to potentially help obesity.

mlxxxviii. **Hopbush** (*Dodonaea viscosa*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mlxxxix. **Hops** (*Humulus lupulus*): reported to potentially help circulation problems, arthritis, pain, rheumatoid arthritis, inflammation, anxiety, and obesity.

mxc. **Hoptree** (*Ptelea trifoliata*): reported to potentially help pain, rheumatoid arthritis, arthritis, and muscle problems.

mxci. **Hordenine** (N,N-dimethyltyramine): reported to potentially help poor athletic performance and obesity.

mxcii. **Horehound** (*Marrubium vulgare*): reported to potentially help arthritis, rheumatoid arthritis, circulation problems, and inflammation.

mxciii. **Hornbeam** (*Carpinus spp.*): reported to potentially help arthritis, inflammation, anxiety, pain, and muscle problems.

mxciv. **Horned Poppy** (*Glaucium grandiflorum*): reported to potentially help arthritis and rheumatoid arthritis.

mxcv. **Horny Goat Weed** (*Epimedium sagittatum*): reported to potentially help arthritis, pain, osteoarthritis, and muscle fatigue.

mxcvi. **Horse Chestnut** (*Aesculus hippocastanum*): reported to potentially help arthritis, pain, inflammation, circulation problems, and muscle fatigue.

mxcvii. **Horse Eye Bean** (*Mucuna urens*): reported to potentially help rheumatoid arthritis, anxiety, arthritis, and pain.

mxcviii. **Horse Gentian** (*Triosteum aurantiacum*): reported to potentially help rheumatoid arthritis.

mxcix. **Horsenettle** (*Solanum carolinense*): reported to potentially help rheumatoid arthritis, pain, arthritis, and circulation problems.

mc. **Horseradish** (*Armoracia rusticana*): reported to potentially help inflammation, arthritis, and pain.

mci. **Horsetail** (*Equisetum ramosissimum, Equisetum telmateia, Equisetum arvense*): reported to potentially help arthritis, pain, osteoarthritis, and pain.

mcii. **Houseleek** (*Sempervivum tectorum*): reported to potentially help inflammation, pain, and arthritis.

mciii. **Howlite**: reported to potentially help anxiety, pain, healing, joint problems, muscle problems, and circulation problems.

mciv. **Huaroni** (*Maximiliana maripa*): reported to potentially help rheumatoid arthritis and pain.

mcv. **Hubbard Squash** (*Cucurbita maxima*): reported to potentially help circulation problems, arthritis, inflammation, and rheumatoid arthritis.

mcvi. **Huevos de Chucho** (*Thevetia ahouai*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mcvii. **Humeira** (*Indigofera articulata*): reported to potentially help pain, arthritis, inflammation, osteoarthritis, and muscle problems.

mcviii. **Hummingbird Tree** (*Agati grandiflora*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and muscle problems.

mcix. **Hungarian Black Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcx. **Hungarian Wax Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcxi. **Hyacinth** (*Hyacinthus orientalis*): reported to potentially help inflammation, osteoarthritis, and pain.

mcxii. **Hyalite**: reported to potentially help anxiety, arthritis, aura strength, sensing of danger, and astral travel.

mcxiii. **Hyaluronan** (Hyaluronic Acid): reported to potentially help pain, osteoarthritis, arthritis, muscle problems, poor athletic performance, and inflammation.

mcxiv. **Hydrargyrum Stibiato-Sulfuratum** (Aethiops Antimonalis): reported to potentially help inflammation.

mcxv. **Hydrogen**: reported to potentially help inflammation, muscle fatigue, poor athletic performance, arthritis, and obesity.

mcxvi. **Hydrogen Water**: reported to potentially help inflammation, muscle fatigue, poor athletic performance, arthritis, and obesity.

mcxvii. **Hydrogen Sulfide**: reported to potentially help inflammation, muscle fatigue, poor athletic performance, arthritis, and obesity.

mcxviii. **Hydroxycitric Acid**: reported to potentially help obesity, anxiety, osteoarthritis, rheumatoid arthritis, inflammation, arthritis, circulation problems, and pain.

mcxix. **Hydroxyeicosatetraenoic Acid** (HETE): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mcxx. **Hydroxymatairesinol**: reported to potentially help inflammation.

mcxxi. **Hydroxysecoisolariciresinol** (HSE): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcxxii. **Hyoscine**: reported to potentially help muscle problems and pain.

mcxxiii. **Hyoscyamine**: reported to potentially help pain and arthritis.

mcxxiv. **Hyssop** (*Hyssopus officinalis*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, anxiety, muscle problems, circulation problems, pain, cartilage degeneration, and osteoarthritis.

mcxxv. **Iceland Moss** (*Cetraria islandica*): reported to potentially help arthritis and inflammation.

mcxxvi. **Ichthammol**: reported to potentially help arthritis.

mcxxvii. **Immortelle Flower** (*Helichrysum italicum*): reported to potentially help inflammation, muscle problems, pain, arthritis, and anxiety.

mcxxviii. **Rhodochrosite**: reported to potentially help anxiety, muscle problems, tissue regeneration, and accessing higher consciousness.

mcxxix. **Indian Aconite** (*Aconitum ferox*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

mcxxx. **Indian Almond** (*Terminalia catappa*): reported to potentially help rheumatoid arthritis and joint problems.

mcxxxi. **Indian Atalantia** (*Atalantia monophylla*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mcxxxii. **Indian Banyan** (*Ficus benghalensis*): reported to potentially help arthritis, anxiety, rheumatoid arthritis, inflammation, and pain.

mcxxxiii. **Indian Bay Leaf** (*Cinnamomum tamala, Cinnamomum macrocarpum*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mcxxxiv. **Indian Bed Bug** (*Cimex lectularius*): reported to potentially help pain and tendon problems.

mcxxxv. **Indian Beech** (*Pongamia glabra*): reported to potentially help arthritis, inflammation, muscle problems, and pain.

mcxxxvi. **Indian Birthwort** (*Aristolochia indica*): reported to potentially help inflammation, pain, arthritis, and circulation problems.

mcxxxvii. **Indian Butter Tree** (*Bassia butyracea, Bassia latifolia, Bassia longifolia, Bassia malabarica*): reported to potentially help arthritis.

mcxxxviii. **Indian Cadaba** (*Cadaba indica*): reported to potentially help arthritis.

mcxxxix. **Indian Caper** (*Capparis zeylanica*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mcxl. **Indian Copperleaf** (*Acalypha indica*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, and pain.

mcxli. **Indian Coral Tree** (*Erythrina variegata*): reported to potentially help arthritis, rheumatoid arthritis, muscle problems, inflammation, and pain.

mcxlii. **Indian Cotton** (*Gossypium indicum*): reported to potentially help arthritis.

mcxliii. **Indian Elm** (*Holoptelea integrifolia*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

mcxliv. **Indian Frankincense** (*Boswellia glabra, Boswellia serrata triana*): reported to potentially help arthritis, osteoarthritis, mobility problems, inflammation, pain, and rheumatoid arthritis.

mcxlv. **Indian Fumitory** (*Fumaria indica*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

mcxlvi. **Indian Gooseberry** (*Emblica officinalis*): reported to potentially help arthritis, osteoarthritis, inflammation, rheumatoid arthritis, and pain.

mcxlvii. **Indian Heliotrope** (*Heliotropium indicum*): reported to potentially help arthritis, inflammation, and osteoarthritis.

mcxlviii. **Indian Hellebore** (*Veratrum viride*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

mcxlix. **Indian Hog Plum** (*Spondias pinnata*): reported to potentially help arthritis, inflammation, pain, and muscle problems.

mcl. **Indian Horse Chestnut** (*Aesculus indica*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, and muscle problems.

mcli. **Indian Jujube** (*Ziziphus mauritiana*): reported to potentially help arthritis, inflammation, pain, and osteoarthritis.

mclii. **Indian Laurel** (*Litsea sebifera*): reported to potentially help arthritis.

mcliii. **Indian Leadwort** (*Plumbago indica*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, and pain.

mcliv. **Indian Lilac** (*Azadirachta indica*): reported to potentially help pain and joint problems.

mclv. **Indian Lycium** (*Berberis lycium*): reported to potentially help osteoarthritis, inflammation, pain, arthritis, circulation problems, and muscle problems.

mclvi. **Indian Mallow** (*Abutilon indicum*): reported to potentially help arthritis, pain, anxiety, inflammation, osteoarthritis, and rheumatoid arthritis.

mclvii. **Indian Meal** (*Plodia interpunctella*): reported to potentially help joint problems and pain.

mclviii. **Indian Mulberry** (Noni, *Morinda citrifolia, Morinda officianalis*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, muscle problems, circulation problems, and anxiety.

mclix. **Indian Mustard** (*Brassica integrifolia*): reported to potentially help arthritis, pain, rheumatoid arthritis, and muscle problems.

mclx. **Indian Pavetta** (*Pavetta indica*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mclxi. **Indian Pennywort** (*Centella asiatica, Hydrocotyle asiatica*): reported to potentially help arthritis, anxiety, inflammation, cartilage degeneration, and circulation problems.

mclxii. **Indian Pink** (*Spigelia marilandica*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mclxiii. **Indian Pipe** (*Monotropa uniflora*): reported to potentially help pain.

mclxiv. **Indian Sarsaparilla** (*Hemidesmus indicus*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mclxv. **Indian Snakeweed** (*Stachytarpheta indica*): reported to potentially help arthritis and rheumatoid arthritis.

mclxvi. **Indian Squill** (*Urginea indica*): reported to potentially help arthritis, inflammation, and pain.

mclxvii. **Indian Strawberry** (*Fragaria nubicola*): reported to potentially help inflammation, arthritis, and circulation problems.

mclxviii. **Indian Tree Spurge** (*Euphorbia tirucalli*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

mclxix. **Indian Trumpet Flower** (*Oroxylum indicum*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mclxx. **Indian Valerian** (*Valeriana jatamansi*): reported to potentially help pain, arthritis, anxiety, and osteoarthritis.

mclxxi. **Indian Weed** (*Sigesbeckia orientalis*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, and muscle problems.

mclxxii. **Indian Whitehead** (*Enicostemma littorale*): reported to potentially help inflammation, rheumatoid arthritis, pain, and arthritis.

mclxxiii. **Indicolite**: reported to potentially help anxiety and pain.

mclxxiv. **Indigo** (*Indigofera oblongifolia, Indigofera paucifolia, Indigofera trifoliata*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, and muscle problems.

mclxxv. **Indigo Stone**: reported to potentially help anxiety, arthritis, cartilage degeneration, and ligament degeneration.

mclxxvi. **Indium**: reported to potentially help muscle fatigue and muscle weakness.

mclxxvii. **Indrajao** (*Holarrhena pubescens*): reported to potentially help osteoarthritis, rheumatoid arthritis, pain, arthritis, and inflammation.

mclxxviii. **Indrayan** (*Trichosanthes tricuspidata, Trichosanthes palmata*): reported to potentially help osteoarthritis, arthritis, pain, and inflammation.

mclxxix. **Inositol**: reported to potentially help anxiety and pain.

mclxxx. **Iodide** of Antimony (Antimonium Iodatum): reported to potentially help obesity.

mclxxxi. **Ipecac** (*Cephaelis ipecacuanha*): reported to potentially help arthritis and rheumatoid arthritis.

mclxxxii. **Iranian Almond** (*Prunus eburana*): reported to potentially help inflammation and arthritis.

mclxxxiii. **Irish Moss** (Sea Moss, *Chondrus crispus*): reported to potentially help arthritis, pain, inflammation, rheumatoid arthritis, and obesity.

mclxxxiv. **Iron** (Ferrum Metallicum, Iron Proteinate, Iron Sulfate, Ferrous Sulfate, Ferrous Fumarate): reported to potentially help arthritis, pain, rheumatoid arthritis, and mobility problems.

mclxxxv. **Iron Pyrite**: reported to potentially help anxiety, protection, cell regeneration, circulation problems, and energy shield enhancement.

mclxxxvi. **Ironweed** (*Vernonia anthelmintica*): reported to potentially help arthritis.

mclxxxvii. **Isangu** (*Clerodendrum inerme*): reported to potentially help pain, inflammation, circulation problems, arthritis, and rheumatoid arthritis.

mclxxxviii. **Isohydroxymatairesinol** (IHM): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mclxxxix. **Isolariciresinol** (ISO): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcxc. **Isoleucine** (Branch Chain Amino Acid, BCAA, Isoleucine Tartrate, L-Isoleucine Tartrate): reported to potentially help muscle fatigue, muscle degeneration, and metabolic dysfunction.

mcxci. **Italian Bristlegrass** (*Panicum italicum*): reported to potentially help arthritis, obesity, and circulation problems.

mcxcii. **Italian Pepperoncini Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcxciii. **Italian Stone Pine** (*Pinus picea*): reported to potentially help arthritis.

mcxciv. **Italian Strawflower** (*Helichrysum italicum*): reported to potentially help arthritis, inflammation, muscle problems, obesity, anxiety, and mobility problems.

mcxcv. **Italian Sweet Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcxcvi. **Jaborandi** (*Pilocarpus jaborandi*): reported to potentially help arthritis and pain.

mcxcvii. **Jade**: reported to potentially help anxiety, healing, arthritis, pain, muscle problems, and rheumatoid arthritis.

mcxcviii. **Jalapeño Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcxcix. **Jamaican Dogwood** (*Piscidea erythrina*): reported to potentially help pain.

mcc. **Jamalgota** (*Croton tiglium*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and rheumatoid arthritis.

mcci. **Jambul** (*Eugenia jambos*): reported to potentially help inflammation, arthritis, circulation problems, and pain.

mccii. **Japanese Climbing Fern** (*Lygodium japonicum*): reported to potentially help rheumatoid arthritis and circulation problems.

mcciii. **Japanese Cornel Dogwood** (*Cornus officinalis*): reported to potentially help arthritis.

mcciv. **Japanese Elm** (*Ulmus davidiana*): reported to potentially help inflammation, osteoarthritis, and arthritis.

mccv. **Japanese Giant White Peach** (*Prunus persica*): reported to potentially help inflammation, arthritis, circulation problems, and obesity.

mccvi. **Japanese Hedge Parsley** (*Torilis japonica*): reported to potentially help arthritis and inflammation.

mccvii. **Japanese Honeysuckle** (*Lonicera japonica*): reported to potentially help arthritis, rheumatoid arthritis, pain, and muscle problems.

mccviii. **Japanese Knotweed** (*Reynoutria japonica, Polygonum cuspidatum*): reported to potentially help pain, arthritis, inflammation, and osteoarthritis.

mccix. **Japanese Plum** (*Prunus salicina*): reported to potentially help arthritis, circulation problems, and inflammation.

mccx. **Japanese Rose** (*Rosa multiflora*): reported to potentially help osteoarthritis, rheumatoid arthritis, arthritis, inflammation, pain, and obesity.

mccxi. **Japanese Walnut** (*Juglans sieboldiana*): reported to potentially help arthritis, circulation problems, and rheumatoid arthritis.

mccxii. **Jasmine** (Harsingar, Night Jasmine, *Jasminum officinale*): reported to potentially help pain, arthritis, inflammation, and rheumatoid arthritis.

mccxiii. **Jasper**: reported to potentially help anxiety, protection, circulation problems, poor athletic performance, pain, and arthritis.

mccxiv. **Java Olive** (*Sterculia foetida*): reported to potentially help arthritis.

mccxv. **Java Tea** (*Orthosiphon aristatus*): reported to potentially help pain, joint problems, and rheumatoid arthritis.

mccxvi. **Javillo** (*Fevillea cordifolia*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mccxvii. **Jellyfish Venom** (*Chironex fleckeri, Physalia physalis, Carukia barnesi, Malo kingi*):

mccxviii. **Jerusalem Artichoke** (*Helianthus tuberosus*): reported to potentially help muscle problems, circulation problems, arthritis, and osteoarthritis.

mccxix. **Jessamine** (*Gelsemium sempervirens*): reported to potentially help pain, anxiety, circulation problems, muscle problems, and inflammation.

mccxx. **Jeweled Distaff Thistle** (*Carthamus oxyacantha*): reported to potentially help inflammation, pain, and arthritis.

mccxxi. **Jewelweed** (*Impatiens glandulifera*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mccxxii. **Joint Fir** (*Ephedra vulgaris*): reported to potentially help arthritis, obesity, and poor athletic performance.

mccxxiii. **Jojoba** (*Simmondsia chinensis*): reported to potentially help rheumatoid arthritis, arthritis, pain, and inflammation.

mccxxiv. **Jujube** (*Ziziphus jujuba*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mccxxv. **Juniper** (*Juniperus communis*): reported to potentially help arthritis, pain, muscle problems, rheumatoid arthritis, inflammation, anxiety, and osteoarthritis.

mccxxvi. **Jurema Preta** (*Mimosa tenuiflora, Mimosa hostilis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and osteoarthritis.

mccxxvii. **Jwala Finger Hot Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mccxxviii. **Kadhab** (*Caccinia glauca*): reported to potentially help arthritis, rheumatoid arthritis, and mobility problems.

mccxxix. **Kadsura** (*Kadsura coccinea, Kadsura heteroclita*): reported to potentially help rheumatoid arthritis, arthritis, and muscle problems.

mccxxx. **Kakadu Plum** (*Terminalia ferdinandiana*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mccxxxi. **Kale** (*Brassica oleracea sabellica*): reported to potentially help arthritis, inflammation, and pain.

mccxxxii. **Potassium Carbonate** (Kali Carbonicum): reported to potentially help pain.

mccxxxiii. **Potassium Citrate** (Kali Citricum): reported to potentially help pain.

mccxxxiv. **Potassium Cyanide** (Kali Cyanatum): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mccxxxv. **Potassium Ferrocyanide** (Kali Ferrocyanatum): reported to potentially help pain.

mccxxxvi. **Potassium Hypophosphorous Acid** (Kali Hypophosphoricum): reported to potentially help pain.

mccxxxvii. **Potassium Iodide** (Kali Iodatum): reported to potentially help pain and inflammation.

mccxxxviii. **Potassium Nitrate** (Kali Nitricum): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mccxxxix. **Potassium Oxalate** (Kali Oxalicum): reported to potentially help pain and muscle problems.

mccxl. **Potassium Phosphate** (Kali Phosphoricum): reported to potentially help pain and anxiety.

mccxli. **Potassium Tartrate** (Kali Tartaricum): reported to potentially help pain and inflammation.

mccxlii. **Potassium Tellurate** (Kali Telluricum): reported to potentially help inflammation.

mccxliii. **Kalmia** (*Kalmia spp.*): reported to potentially help arthritis and pain.

mccxliv. **Kamba** (*Lippia kituiensis*): reported to potentially help rheumatoid arthritis and pain.

mccxlv. **Kanakho** (*Croton tiglium*): reported to potentially help joint problems, pain, inflammation, and circulation problems.

mccxlvi. **Kangaroo Diets/Treats** (*Marcopodidae spp.*):

mccxlvii. **Kannada** (*Dipterocarpus alatus, Dipterocarpus indicus*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mccxlviii. **Kanuka** (*Kunzea ericoides*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, and pain.

mccxlix. **Karaka** (*Corynocarpus laevigatus*): reported to potentially help arthritis.

mccl. **Karanda** (*Carissa carandas*): reported to potentially help rheumatoid arthritis, circulation problems, and obesity.

mccli. **Karvy** (*Strobilanthes callosus*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mcclii. **Kasolite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, inflammation, pain, and osteoarthritis.

mccliii. **Monazite**: reported to potentially help anxiety, obesity, pain, and arthritis.

mccliv. **Katuka** (*Picrorhiza kurroa*): reported to potentially help rheumatoid arthritis, inflammation, pain, arthritis, and circulation problems.

mcclv. **Kava** (*Piper methysticum*): reported to potentially help arthritis, pain, and anxiety.

mcclvi. **Kebrako** (*Quebracho aspidosperma*): reported to potentially help pain, arthritis, and rheumatoid arthritis.

mcclvii. **Kelp** (*Laminaria digitata, Laminaria hyperborea*): reported to potentially help inflammation, pain, arthritis, and rheumatoid arthritis.

mcclviii. **Kerere** (*Arrabidaea patellifera*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, and pain.

mcclix. **Khella** (*Ammi visnaga*): reported to potentially help inflammation, rheumatoid arthritis, and arthritis.

mcclx. **Kidney Leaf Morning Glory** (*Merremia emarginata*): reported to potentially help arthritis, inflammation, and pain.

mcclxi. **Kidney Meat** (*Bos taurus, Bos indicus*): reported to potentially help obesity, inflammation, and arthritis.

mcclxii. **King Bolete Mushroom** (*Boletus edulis*): reported to potentially help inflammation, arthritis, obesity, rheumatoid arthritis, and muscle problems.

mcclxiii. **King of Bitters** (*Andrographis spp.*): reported to potentially help inflammation and arthritis.

mcclxiv. **Kiwi** (*Actinidia chinensis, Actinidia deliciosa*): reported to potentially help osteoarthritis, arthritis, pain, rheumatoid arthritis, inflammation, pain, mobility problems, tendonitis, and bursitis.

mcclxv. **Knobwood** (*Zanthoxylum chalybeum*): reported to potentially help rheumatoid arthritis, inflammation, and pain.

mcclxvi. **Knotgrass** (*Polygonum aviculare*): reported to potentially help inflammation and pain.

mcclxvii. **Knotweed** (*Polygonum plebeium*): reported to potentially help arthritis and inflammation.

mcclxviii. **Koelpinia** (*Koelpinia linearis*): reported to potentially help arthritis.

mcclxix. **Koffiehardepeer** (*Strychnos henningsii*): reported to potentially help inflammation, pain, and rheumatoid arthritis.

mcclxx. **Kokum** (*Garcinia indica*): reported to potentially help obesity, inflammation, arthritis, circulation problems, and pain.

mcclxxi. **Ko-me-namomi** (*Siegesbeckia glabrescens*): reported to potentially help rheumatoid arthritis, pain, circulation problems, and arthritis.

mcclxxii. **Komodo Dragon Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcclxxiii. **Konjac Root** (*Amorphophallus konjac*): reported to potentially help obesity, arthritis, rheumatoid arthritis, and pain.

mcclxxiv. **Koshamra** (*Schleichera oleosa*): reported to potentially help pain and rheumatoid arthritis.

mcclxxv. **Kothala Himbutu** (*Salacia oblonga, Salacia reticulata*): reported to potentially help arthritis, pain, obesity, osteoarthritis, and rheumatoid arthritis.

mcclxxvi. **Krill** (*Euphausiacea spp.*): reported to potentially help osteoarthritis, rheumatoid arthritis, arthritis, pain, mobility problems, inflammation, and circulation problems.

mcclxxvii. **Kudzu** (*Pueraria tuberosa*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and circulation problems.

mcclxxviii. **Kukui Nut** (Candlenut, *Aleurites moluccana*): reported to potentially help arthritis, pain, and inflammation.

mcclxxix. **Kulamavu Maram** (*Machilus macrantha*): reported to potentially help arthritis, inflammation, pain, and circulation problems.

mcclxxx. **Kumarika** (*Smilax zeylanica*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mcclxxxi. **Kung Pao Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcclxxxii. **Kunzea** (*Kunzea ambigua*): reported to potentially help mobility problems, inflammation, arthritis, pain, and muscle problems.

mcclxxxiii. **Kunzite**: reported to potentially help anxiety, circulation problems, muscle problems, and protection from negative energy.

mcclxxxiv. **Kushta** (*Saussurea lappa*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and osteoarthritis.

mcclxxxv. **Kyanite**: reported to potentially help anxiety, pain, aura protection, muscle problems, and healing.

mcclxxxvi. **Labradorite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, pain, and inflammation.

mcclxxxvii. **Labrador Tea** (*Ledum palustre*): reported to potentially help pain, muscle problems, mobility problems, inflammation, arthritis, and rheumatoid arthritis.

mcclxxxviii. **Dog Milk** (*Canis lupus familiaris,* Lac Caninum): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mcclxxxix. **Cat Milk** (*Felis catus,* Lac Felinum): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mccxc. **Carolina Redroot** (*Lachnanthes caroliniana*): reported to potentially help arthritis, osteoarthritis, pain, and inflammation.

mccxci. **Human Milk** (*Homo sapiens,* Lac Humanum): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mccxcii. ***Lactobacillus acidophilus***: reported to potentially help arthritis, inflammation, pain, and obesity.

mccxciii. ***Lactobacillus brevis***: reported to potentially help arthritis and inflammation.

mccxciv. ***Lactobacillus bulgaricus***: reported to potentially help arthritis and inflammation.

mccxcv. ***Lactobacillus casei***: reported to potentially help arthritis and inflammation.

mccxcvi. ***Lactobacillus helveticus*** *delbrueckii subsp. bulgaricus*: reported to potentially help arthritis and inflammation.

mccxcvii. ***Lactobacillus paracasei***: reported to potentially help arthritis and inflammation.

mccxcviii. ***Lactobacillus plantarum***: reported to potentially help arthritis and inflammation.

mccxcix. ***Lactobacillus reuteri***: reported to potentially help arthritis and inflammation.

mccc. ***Lactobacillus rhamnosus***: reported to potentially help arthritis and inflammation.

mccci. ***Lactobacillus salivarius***: reported to potentially help arthritis and inflammation.

mcccii. **Lady Slipper** (*Cypripedium spp.*): reported to potentially help joint problems, anxiety, muscle problems, and pain.

mccciii. **Lady's Mantle** (*Alchemilla arvensis, Alchemilla vulgaris*): reported to potentially help rheumatoid arthritis, inflammation, and arthritis.

mccciv. **Lake Trout** (*Salvelinus namaycush*): reported to potentially help inflammation, circulation problems, arthritis, and pain.

mcccv. **Lakshman Booti** (*Smithia conferta*): reported to potentially help arthritis and inflammation.

mcccvi. **Lanolin** (*Ovis aries*): reported to potentially help arthritis.

mcccvii. **Lantana** (*Lantana pinnatifida*): reported to potentially help arthritis and rheumatoid arthritis.

mcccviii. **Lapis Lazuli**: reported to potentially help anxiety, arthritis, pain, circulation problems, osteoarthritis, and healing.

mcccix. **Larch** (*Larix occidentalis*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

mcccx. **Large Flowered Cactus** (*Cactus grandiflorus*): reported to potentially help circulation problems, pain, rheumatoid arthritis, and arthritis.

mcccxi. **Large Leaved Himalayan Primrose** (*Primula macrophylla*): reported to potentially help pain, inflammation, and arthritis.

mcccxii. **Lariciresinol** (LAR): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcccxiii. **Lariciresinol-Sesquilignan** (LAS): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcccxiv. **Larimar**: reported to potentially help anxiety, arthritis, pain, inflammation, osteoarthritis, and healing.

mcccxv. **Larkspur** (*Delphinium denudatum, Delphinium consolida, Delphinium staphisagria*): reported to potentially help arthritis, rheumatoid arthritis, pain, and circulation problems.

mcccxvi. **Lataksiri** (*Tylophora indica*): reported to potentially help rheumatoid arthritis and arthritis.

mcccxvii. **Laurustinus** (*Viburnum tinus*): reported to potentially help osteoarthritis, muscle problems, rheumatoid arthritis, and pain.

mcccxviii. **Lavender** (*Lavandula angustifolia, Lavandula intermedia, Lavandula stoechas*): reported to potentially help anxiety, circulation problems, muscle problems, inflammation, cell degeneration, arthritis, and osteoarthritis.

mcccxix. **Lavender Leaved Leucas** (*Leucas linifolia*): reported to potentially help arthritis and inflammation.

mcccxx. **Lavender Stone**: reported to potentially help anxiety, pain, and joint problems.

mcccxxi. **Lawson's Cypress** (*Cupressus lawsoniana*): reported to potentially help arthritis and inflammation.

mcccxxii. **Leafless Silkflower Shrub** (*Periploca aphylla*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mcccxxiii. **Leafy Milk Hedge** (*Euphorbia nivulia*): reported to potentially help arthritis, inflammation, and pain.

mcccxxiv. **Leatherwood** (*Dirca palustris*): reported to potentially help inflammation and arthritis.

mcccxxv. **Lebbek Tree** (*Albizia lebbeck*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mcccxxvi. **Lecithin Ameliorate** (Alpha-Phosphatidylcholine): reported to potentially help osteoarthritis, inflammation, and anxiety.

mcccxxvii. **Ledum** (*Ledum groenlandicum, Ledum palustre*): reported to potentially help rheumatoid arthritis, arthritis, pain, and inflammation.

mcccxxviii. **Leech** (*Hirudo medicinalis*): reported to potentially help osteoarthritis and inflammation.

mcccxxix. **Leek** (*Allium porrum*): reported to potentially help osteoarthritis, inflammation, and arthritis.

mcccxxx. **Leflunomide**: reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mcccxxxi. **Lemon** (*Citrus limon*): reported to potentially help circulation problems and anxiety.

mcccxxxii. **Lemon Balm Powder** (*Melissa officinalis*): reported to potentially help anxiety and muscle problems.

mcccxxxiii. **Lemon Basil** (*Ocimum citriodorum*): reported to potentially help arthritis, circulation problems, inflammation, and rheumatoid arthritis.

mcccxxxiv. **Lemongrass** (*Cymbopogon citratus, Cymbopogon flexuosus*): reported to potentially help circulation problems, muscle problems, inflammation, rheumatoid arthritis, arthritis, and pain.

mcccxxxv. **Lemon Myrtle** (Sweet Verbena, *Backhousia citriodora*): reported to potentially help inflammation, arthritis, pain, and rheumatoid arthritis.

mcccxxxvi. **Lemon Scented Ironbark** (*Eucalyptus staigeriana*): reported to potentially help arthritis, pain, inflammation, and muscle problems.

mcccxxxvii. **Lemon Scented Tea Tree** (*Leptospermum petersonii*): reported to potentially help inflammation and arthritis.

mcccxxxviii. **Lemon Verbena** (*Aloysia citrodora*): reported to potentially help inflammation, pain, muscle problems, muscle fatigue, obesity, and arthritis.

mcccxxxix. **Lenten Rose** (*Helleborus orientalis*): reported to potentially help obesity, rheumatoid arthritis, pain, and arthritis.

mcccxl. **Lentill** (*Lens culinaris*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mcccxli. **Lepidolite**: reported to potentially help anxiety, joint problems, protection from nightmares, and dispel negative energy.

mcccxlii. **Lesser Spearwort** (*Ranunculus flammula*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mcccxliii. **Lettuce** (*Lactuca sativa*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and obesity.

mcccxliv. **Leucine** (Branch Chain Amino Acid, BCAA, L-Leucine): reported to potentially help muscle fatigue, muscle degeneration, and metabolic dysfunction.

mcccxlv. **Levant Cotton** (*Gossypium herbaceum*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mcccxlvi. **Levant Wormseed** (*Cina artemisia*): reported to potentially help arthritis, osteoarthritis, pain, rheumatoid arthritis, and inflammation.

mcccxlvii. **Licorice** (*Glycyrrhiza glabra*): reported to potentially help inflammation, pain, and arthritis.

mcccxlviii. **Lignan**: reported to potentially help inflammation.

mcccxlix. **Lignum Vitae** (*Guaiacum officinale*): reported to potentially help pain and inflammation.

mcccl. **Lepidolite**: reported to potentially help anxiety, inflammation, pain, and electromagnetic pollution.

mcccli. **Lily** (*Convallaria majalis*): reported to potentially help rheumatoid arthritis, circulation problems, and arthritis.

mccclii. **Lima Bean** (*Phaseolus lunatus*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, circulation problems, and pain.

mcccliii. **Lime** (*Citrus aurantifolia*): reported to potentially help arthritis, pain, mobility problems, inflammation, obesity, rheumatoid arthritis, and circulation problems.

mccCliv. **Limonene** (d-limonene): reported to potentially help inflammation, osteoarthritis, arthritis, obesity, pain, and rheumatoid arthritis.

mcclv. **Linalool**: reported to potentially help inflammation, arthritis, pain, osteoarthritis, rheumatoid arthritis, and anxiety.

mcclvi. **Linalyl Acetate**: reported to potentially help arthritis, anxiety, rheumatoid arthritis, osteoarthritis, muscle problems, and pain.

mcclvii. **Linden Leaf** (Linden Blossom, *Tilia americana*): reported to potentially help pain, inflammation, anxiety, and arthritis.

mcclviii. **Lingonberry** (*Vaccinium vitis idaea*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mcclix. **Lingzhi Mushroom** (*Ganoderma lucidum*): reported to potentially help arthritis, pain, essence of immortality, and circulation problems.

mcclx. **Lion's Foot** (*Nabalus serpentaria*): reported to potentially help arthritis.

mcclxi. **Lions Mane** (*Hericium erinaceus*): reported to potentially help inflammation, circulation problems, arthritis, and rheumatoid arthritis.

mccclxii. **Lion's Ear** (*Leonotis nepetifolia*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and obesity.

mccclxiii. **Lipoma** (*Lipoma arborescens*): reported to potentially help arthritis, circulation problems, and osteoarthritis.

mccclxiv. **Liquorice** (*Glycyrrhiza glabra*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, bursitis, tendonitis, and muscle problems.

mccclxv. **Lithium**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, and inflammation.

mccclxvi. **Lithium Carbonate** (Lithium Carbonicum): reported to potentially help anxiety, arthritis, rheumatoid arthritis, and inflammation.

mccclxvii. **Lithium Lactate** (Lithium Lacticum): reported to potentially help rheumatoid arthritis, inflammation, anxiety, arthritis, and pain.

mccclxviii. **Little Ironweed** (*Vernonia cinerea*): reported to potentially help arthritis, inflammation, and pain.

mccclxix. **Liverwort** (*Hepatica triloba*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mccclxx. **Lobelia** (*Lobelia erinus*): reported to potentially help osteoarthritis, rheumatoid arthritis, inflammation, muscle problems, and pain.

mccclxxi. **Lobster** (*Nephropidae spp.*): reported to potentially help arthritis, inflammation, and circulation problems.

mccclxxii. **Lodestone**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

mccclxxiii. **Logolai** (*Viscum articulatum*): reported to potentially help arthritis, rheumatoid arthritis, pain, muscle fatigue, anxiety and inflammation.

mccclxxiv. **Logwood** (*Haematoxylon campechianum, Haematoxylon brasiletto*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mccclxxv. **Lomariopsis** (*Lomariopsis japurensis*): reported to potentially help rheumatoid arthritis, muscle problems, arthritis, and pain.

mccclxxvi. **London Rocket** (*Sisymbrium irio*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, and pain.

mccclxxvii. **Long Headed Poppy** (*Papaver dubium*): reported to potentially help arthritis, circulation problems, and pain.

mccclxxviii. **Long Leaf Indian Pine** (*Pinus roxburghii*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and osteoarthritis.

mccclxxix. **Long Leaf Pine** (*Pinus palustris*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mccclxxx. **Long Spined Thorn Apple** (*Datura ferox*): reported to potentially help inflammation, arthritis, pain, muscle problems, and rheumatoid arthritis.

mccclxxxi. **Lorsanjo** (*Moringa rivae*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, pain, and circulation problems.

mccclxxxii. **Lovage** (*Levisticum officinale*): reported to potentially help arthritis and inflammation.

mccclxxxiii. **Lucky Nut** (*Thevetia peruviana*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mccclxxxiv. **Ludwigia** (*Ludwigia nervosa*): reported to potentially help rheumatoid arthritis and pain.

mccclxxxv. **Lungwort** (*Sticta pulmonaria*): reported to potentially help pain, inflammation, rheumatoid arthritis, mobility problems, and arthritis.

mccclxxxvi. **Lurid Bolete** (*Boletus luridus, Suillellus luridus*): reported to potentially help arthritis, inflammation, and circulation problems.

mccclxxxvii. **Lutein**: reported to potentially help circulation problems, arthritis, inflammation, and rheumatoid arthritis.

mccclxxxviii. **Luteolin Ameliorate**: reported to potentially help inflammation and rheumatoid arthritis.

mccclxxxix. **Lycopene**: reported to potentially help circulation problems, arthritis, inflammation, and rheumatoid arthritis.

mcccxc. **Lysine** (L-Lysine HCL): reported to potentially help obesity, pain, rheumatoid arthritis, circulation problems, arthritis, and pain.

mcccxci. **Maca** (*Lepidium meyenii*): reported to potentially help osteoarthritis, circulation problems, and arthritis.

mcccxcii. **Macadamia Nut** (*Macadamia ternifolia*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcccxciii. **Macrotinum**: reported to potentially help muscle problems, arthritis, rheumatoid arthritis, and pain.

mcccxciv. **Madras Carpet** (*Grangea maderaspatana*): reported to potentially help arthritis, inflammation, and obesity.

mcccxcv. **Madras Pea Pumpkin** (*Mukia maderaspatana*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mcccxcvi. **Magnesium** (Magnesium Sulfate, Magnesium Phosphate, Magnesia Phosphorica, Magnesium Chelate, Magnesium Citrate): reported to potentially help muscle problems, pain, arthritis, rheumatoid arthritis, and cartilage problems.

mcccxcvii. **Magnetite**: reported to potentially help anxiety, arthritis, inflammation, osteoarthritis, circulation problems, pain, muscle fatigue, healing, muscle degeneration, muscle problems, physical strength, and strength spells.

mcccxcviii. **Magnolia Vine** (*Schisandra sphenanthera, Schisandra glaucescens, Schisandra chinensis, Schisandra propinqua*): reported to potentially help circulation problems and arthritis.

mcccxcix. **Mahogany Obsidian**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

mcd. **Ma Huang** (*Ephedra sinica, Ephedra gerardiana*): reported to potentially help arthritis, obesity, poor athletic performance, rheumatoid arthritis, and pain.

mcdi. **Maidenhair Creeper** (*Lygodium flexuosum*): reported to potentially help arthritis, osteoarthritis, and rheumatoid arthritis.

mcdii. **Maidenhair Tree** (*Ginkgo biloba*): reported to potentially help arthritis, circulation problems, inflammation, osteoarthritis, and pain.

mcdiii. **Maitake** (*Grifola frondosa*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mcdiv. **Makino** (*Dioscorea nipponica*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mcdv. **Malabar Catmint** (*Anisomeles malabarica*): reported to potentially help arthritis, rheumatoid arthritis, inflammation.

mcdvi. **Malabar Nut** (*Adhatoda vasica*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, muscle problems, and anxiety.

mcdvii. **Malachite**: reported to potentially help anxiety, arthritis, osteoarthritis, circulation problems, rheumatoid arthritis, muscle problems, pain, guarding from negative influence, guarding from physical danger, communication to animal kingdom, scrying, absorb negative energy, and protection spells.

mcdviii. **Malagueta Pepper** (*Capsicum frutescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcdix. **Malayalam** (*Diospyros candolleana*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, and pain.

mcdx. **Malay Lac Tree** (*Schleichera trijuga*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mcdxi. **Male Fern** (*Dryopteris filix mas*): reported to potentially help inflammation, rheumatoid arthritis, and arthritis.

mcdxii. **Mallotus** (*Mallotus oppositifolius*): reported to potentially help arthritis, circulation problems, and inflammation.

mcdxiii. **Mallow** (*Malva sylvestris*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.

mcdxiv. **Malot** (*Launaea cornuta*): reported to potentially help rheumatoid arthritis and pain.

mcdxv. **Manaca** (*Franciscea uniflora*): reported to potentially help pain and arthritis.

mcdxvi. **Mandarin** (*Citrus unshiu, Citrus reticulata*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, mobility problems, anxiety, and pain.

mcdxvii. **Mandrake Root** (*Mandragora officinarum*): reported to potentially help pain, arthritis, and inflammation.

mcdxviii. **Manganese** (Manganese Oxide, Manganese Proteinate, Manganese Propionate, Manganese Acetate, Manganese Ascorbate, Manganese Sulfate, Manganese Chloride, Manganese Chelate): reported to potentially help pain, osteoarthritis, rheumatoid arthritis, inflammation, and arthritis.

mcdxix. **Mango** (*Mangifera indica*): reported to potentially help inflammation, arthritis, anxiety, and obesity.

mcdxx. **Mangosteen** (*Garcinia mangostana*): reported to potentially help inflammation, rheumatoid arthritis, osteoarthritis, and arthritis.

mcdxxi. **Manjishtha** (*Rubia cordifolia*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and circulation problems.

mcdxxii. **Manufactured Citric Acid** (MCA): reported to potentially help rheumatoid arthritis and inflammation.

mcdxxiii. **Manuka** (*Leptospermum scoparium*): reported to potentially help inflammation, arthritis, mobility problems, and circulation problems.

mcdxxiv. **Manzano Pepper** (*Capsicum pubescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcdxxv. **Marapuama Powder** (*Ptychopetalum olacoides*, Muira Puama): reported to potentially help rheumatoid arthritis, pain, arthritis, and inflammation.

mcdxxvi. **Marcasite**: reported to potentially help anxiety.

mcdxxvii. **Margosa** (Neem Oil, *Azadirachta indica*): reported to potentially help arthritis and inflammation.

mcdxxviii. **Marigold** (*Calendula officinalis*): reported to potentially help inflammation, pain, rheumatoid arthritis, muscle problems, and arthritis.

mcdxxix. **Maritime Pine** (*Pinus pinaster*): reported to potentially help arthritis, osteoarthritis, rheumatoid arthritis, and inflammation.

mcdxxx. **Marjoram** (*Origanum majorana*): reported to potentially help anxiety, muscle problems, inflammation, circulation problems, arthritis, and pain.

mcdxxxi. **Marking Nut Tree** (*Semecarpus anacardium*): reported to potentially help arthritis, inflammation, muscle problems, rheumatoid arthritis, pain, and anxiety.

mcdxxxii. **Marsh Blazing Star** (*Liatris spicata*): reported to potentially help arthritis and pain.

mcdxxxiii. **Marsh Labrador Tea** (*Rhododendron ledum*): reported to potentially help inflammation, mobility problems, rheumatoid arthritis, pain, and arthritis.

mcdxxxiv. **Marshmallow Root** (*Althaea officinalis*): reported to potentially help inflammation.

mcdxxxv. **Marsh Marigold** (*Caltha palustris*): reported to potentially help arthritis and rheumatoid arthritis.

mcdxxxvi. **Marsh Willowherb** (*Epilobium palustre*): reported to potentially help inflammation and arthritis.

mcdxxxvii. **Marula** (*Sclerocarya birrea*): reported to potentially help inflammation, arthritis, circulation problems, and rheumatoid arthritis.

mcdxxxviii. **Marvel of Peru** (*Mirabilis jalapa*): reported to potentially help inflammation, arthritis, pain, circulation problems, and muscle problems.

mcdxxxix. **Mashaparni** (*Teramnus labialis*): reported to potentially help arthritis, pain, and inflammation.

mcdxl. **Massoia** (*Cryptocarya massoia*): reported to potentially help arthritis, circulation problems, pain, rheumatoid arthritis, mobility problems, muscle problems, and inflammation.

mcdxli. **Masterwort** (*Imperatoria ostruthium*): reported to potentially help arthritis and inflammation.

mcdxlii. **Mastic Tree** (*Pistacia lentiscus*): reported to potentially help arthritis, inflammation, and osteoarthritis.

mcdxliii. **Matairesinol** (MAT): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcdxliv. **Matcha Tea** (*Camellia sinensis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and osteoarthritis.

mcdxlv. **Maté** (*Ilex paraguariensis*): reported to potentially help arthritis, obesity, inflammation, rheumatoid arthritis, and pain.

mcdxlvi. **Matgrass** (*Lippia gracilis, Lippia mexicana*): reported to potentially help inflammation and pain.

mcdxlvii. **Mayapple** (*Podophyllum pelatum*): reported to potentially help arthritis, inflammation, and weakness.

mcdxlviii. **May Chang** (*Litsea cubeba*): reported to potentially help rheumatoid arthritis, osteoarthritis, pain, arthritis, inflammation, muscle problems, and mobility problems.

mcdxlix. **Mayflower** (*Epigaea repens*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mcdl. **Mazari Palm** (*Nannorrhops ritchiana*): reported to potentially help arthritis and inflammation.

mcdli. **Meadow Buttercup** (*Ranunculus acris*): reported to potentially help arthritis and pain.

mcdlii. **Meadow Fern Bur** (*Cenchrus spinifex, Quercus macrocarpa*): reported to potentially help joint problems, pain, and inflammation.

mcdliii. **Meadow Foam** (*Limnathes alba*): reported to potentially help osteoarthritis, pain, inflammation, and arthritis.

mcdliv. **Meadow Saffron** (*Colchicum autumnale, Colchicum speciosum, Colchicum luteum*): reported to potentially help arthritis, rheumatoid arthritis, and osteoarthritis.

mcdlv. **Meadow Sweet** (*Filipendula ulmaria*): reported to potentially help inflammation, rheumatoid arthritis, muscle problems, and pain.

mcdlvi. **Medasaka** (*Neolitsea chinensis*): reported to potentially help rheumatoid arthritis, pain, arthritis, circulation problems, and inflammation.

mcdlvii. **Medicine Vine** (*Hippocratea excelsa*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and circulation problems.

mcdlviii. **Medioresinol** (MED): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcdlix. **Medium Chain Triglyceride** (MCT): reported to potentially help obesity, poor athletic performance, and inflammation.

mcdlx. **Medorrhinum** (*Micrococcus gonorrhoea*): reported to potentially help rheumatoid arthritis, pain, and inflammation.

mcdlxi. **Melaleuca** (*Melaleuca minor*): reported to potentially help arthritis.

mcdlxii. **Melatonin**: reported to potentially help inflammation, circulation problems, cartilage degeneration, rheumatoid arthritis, and anxiety.

mcdlxiii. **Mel Cum Sale** (Honey with Salt): reported to potentially help inflammation.

mcdlxiv. **Melissa** (*Melissa officinalis*): reported to potentially help pain, arthritis, inflammation, muscle problems, and anxiety.

mcdlxv. **Melrose Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcdlxvi. **Mendozavilite**: reported to potentially help anxiety.

mcdlxvii. **Menhaden Fish Meal** (*Brevoortia tyrannus*):

mcdlxviii. **Menthol**: reported to potentially help pain.

mcdlxix. **Dog's Mercury** (*Mercurialis perennis*): reported to potentially help pain and circulation problems.

mcdlxx. **Mercury Bichloride** (Mercurius corrosivus): reported to potentially help pain and inflammation.

mcdlxxi. **Subchloride of Mercury** (Mercurius Dulcis): reported to potentially help inflammation.

mcdlxxii. **Iodide of Mercury** (Mercurius Iodatus Flavus): reported to potentially help inflammation and pain.

mcdlxxiii. **Bin-Iodide of Mercury** (Mercurius Iodatus Ruber): reported to potentially help inflammation.

mcdlxxiv. **Nitrate of Mercury** (Mercurius Nitrosus): reported to potentially help inflammation.

mcdlxxv. **Sulphocyanide of Mercury** (Mercuric Sulphocyanatus): reported to potentially help pain and anxiety.

mcdlxxvi. **Meringue** (*Fadogia ancylantha*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and anxiety.

mcdlxxvii. **Metal Seed** (*Senna tora*): reported to potentially help arthritis, obesity, and rheumatoid arthritis.

mcdlxxviii. **Methylene Blue**: reported to potentially help pain, inflammation, and arthritis.

mcdlxxix. **Methylsulfonylmethane** (MSM): reported to potentially help pain, inflammation, osteoarthritis, and muscle degeneration.

mcdlxxx. **Mexican Elder** (*Sambucus mexicana*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mcdlxxxi. **Mexican Prickly Poppy** (*Argemone mexicana*): reported to potentially help pain, arthritis, and inflammation.

mcdlxxxii. **Milk Thistle** (*Silybum marianum*): reported to potentially help inflammation and rheumatoid arthritis.

mcdlxxxiii. **Milkvetch** (*Astragalus menziesii*): reported to potentially help circulation problems, inflammation, and rheumatoid arthritis.

mcdlxxxiv. **Milkweed** (*Asclepias cornuti*): reported to potentially help circulation problems, muscle problems, and rheumatoid arthritis.

mcdlxxxv. **Millets** (*Panicum miliaceum*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mcdlxxxvi. **Mio-Mio** (*Coriaria ruscifolia*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mcdlxxxvii. **Mirasol Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcdlxxxviii. **Mistletoe** (*Viscum album*): reported to potentially help arthritis, circulation problems, pain, and anxiety.

mcdlxxxix. **Mockernut Hickory** (*Carya tomentosa*): reported to potentially help arthritis and inflammation.

mcdxc. **Mohawkite**: reported to potentially help anxiety, pain, and inflammation.

mcdxci. **Mohru Oak** (*Quercus dilatata*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

mcdxcii. **Mojave Yucca** (Spanish Dagger, *Yucca schidigera*): reported to potentially help pain, inflammation, and mobility problems.

mcdxciii. **Moldavite**: reported to potentially help anxiety, protection, align path to destiny, activate dream state, neutralize hypnosis, illness, cell regeneration, healing, and gout.

mcdxciv. **Molybdenum**: reported to potentially help anxiety, arthritis, and pain.

mcdxcv. **Momordica**: reported to potentially help pain.

mcdxcvi. **Monarch Redstem** (*Ammannia baccifera*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mcdxcvii. **Monarda** (Bee Balm, Mondia, *Monarda fistulosa, Mondia whitei*): reported to potentially help arthritis, inflammation, circulation problems, and pain.

mcdxcviii. **Mongolian Milkvetch** (*Astragalus membranaceus, Astragalus excapus*): reported to potentially help inflammation, circulation problems, osteoarthritis, and arthritis.

mcdxcix. **Monkey No Climb Tree** (*Hura crepitans*): reported to potentially help rheumatoid arthritis, pain, arthritis, and osteoarthritis.

md. **Monk's Hood** (*Aconitum napellus, Aconitum palmatum, Aconitum vilmorinianum*): reported to potentially help arthritis, rheumatoid arthritis, pain, inflammation, and osteoarthritis.

mdi. **Monnier's Snow Parsley** (She Chuang Zi, *Cnidium monnieri*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and circulation problems.

mdii. **Moonflower** (*Datura stramonium*): reported to potentially help pain, joint problems, and inflammation.

mdiii. **Moonseed** (*Cocculus spp.*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mdiv. **Moringa** (*Moringa oleifera*): reported to potentially help rheumatoid arthritis, arthritis, pain, and inflammation.

mdv. **Morning Glory** (*Ipomoea eriocarpa, Ipomoea hispida, Ipomoea purpurea, Convolvulus arvensis*): reported to potentially help arthritis and pain.

mdvi. **Morrow's Honeysuckle** (*Lonicera morrowii*): reported to potentially help arthritis and rheumatoid arthritis.

mdvii. **Moss Agate**: reported to potentially help anxiety, inflammation

mdviii. **Motherwort** (*Leonurus cardiaca*): reported to potentially help circulation problems, inflammation, and anxiety.

mdix. **Mountain Laurel** (*Kalmia latifolia*): reported to potentially help arthritis and pain.

mdx. **Mountain Pepper** (*Tasmannia lanceolata*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mdxi. **Mountain Savory** (*Satureja montana*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

mdxii. **Mugwort** (*Artemisia vulgaris*): reported to potentially help inflammation, pain, arthritis, circulation problems, anxiety, and osteoarthritis.

mdxiii. **Mukago-Irakusa** (*Laportea bulbifera*): reported to potentially help arthritis and rheumatoid arthritis.

mdxiv. **Mulberry** (*Morus nigra*): reported to potentially help arthritis.

mdxv. **Mullein** (*Verbascum thapsus*): reported to potentially help arthritis, pain, osteoarthritis, rheumatoid arthritis, muscle problems, and inflammation.

mdxvi. **Mung Bean** (*Vigna radiata*): reported to potentially help circulation problems, arthritis, rheumatoid arthritis, pain, and muscle problems.

mdxvii. **Munjeet** (*Rubia cordifolia*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mdxviii. **Gokhru** (*Pedalium murex*): reported to potentially help arthritis.

mdxix. **Muriate of Quinine** (*Chininum muriaticum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdxx. **Muscovite**: reported to potentially help anxiety, inflammation, protection, and obesity.

mdxxi. **Mushroom** (*Agaricus bisporus*): reported to potentially help circulation problems and inflammation.

mdxxii. **Mustard** (*Brassica nigra*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and muscle problems.

mdxxiii. **Myrcene** (Beta-Myrcene): reported to potentially help arthritis, inflammation, cartilage degeneration, and pain.

mdxxiv. **Cetyl Myristoleate**: reported to potentially help pain, arthritis, and inflammation.

mdxxv. **Myrrh** (Myrrh Gum, *Commiphora myrrha*): reported to potentially help inflammation, pain, arthritis, and anxiety.

mdxxvi. **Myrtle** (*Myrtus communis*): reported to potentially help arthritis, pain, muscle problems, inflammation, anxiety, and rheumatoid arthritis.

mdxxvii. **Myxopyrum** (*Myxopyrum serratulum*): reported to potentially help arthritis.

mdxxviii. **N, N-Dimethylglycine HCl** (DMG): reported to potentially help arthritis, inflammation, and anxiety.

mdxxix. **N-Acetyl Cysteine** (NAC, N-Acetyl-L-Cysteine): reported to potentially help inflammation, osteoarthritis, rheumatoid arthritis, arthritis, and pain.

mdxxx. **Nagarmotha** (*Cyperus scariosus*): reported to potentially help arthritis and inflammation.

mdxxxi. **Naga Viper Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdxxxii. **Nag Champa** (*Plumeria pudica*): reported to potentially help inflammation and anxiety.

mdxxxiii. **Nasturtium Flower** (*Tropaeolum majus*): reported to potentially help arthritis, inflammation, muscle problems, and rheumatoid arthritis.

mdxxxiv. **Arsenate of Sodium** (Natrum Arsenicosum): reported to potentially help pain and inflammation.

mdxxxv. **Sodium Carbonate** (Natrum Carbonicum): reported to potentially help pain.

mdxxxvi. **Sodium Lactate** (Natrum Lacticum): reported to potentially help pain, arthritis, muscle weakness, and rheumatoid arthritis.

mdxxxvii. **Sodium Chloride** (Natrum Muriaticum): reported to potentially help inflammation and pain.

mdxxxviii. **Nitrate of Sodium** (Natrum Nitricum): reported to potentially help inflammation, pain, rheumatoid arthritis, and arthritis.

mdxxxix. **Sodium Salicylate** (Natrum Salicylicum): reported to potentially help pain.

mdxl. **Sulfur** (Natrum Sulphuricum): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mdxli. **Nectarine** (*Prunus persica nucipersica*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, and inflammation.

mdxlii. **Neem** (*Azadirachta indica*): reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, mobility problems, and inflammation.

mdxliii. **Nepal Pearly Everlasting** (*Anaphalis nepalensis*): reported to potentially help arthritis, inflammation, pain, rheumatoid arthritis, and mobility problems.

mdxliv. **Nepeta** (*Nepeta cilicica, Nepeta glomerata*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mdxlv. **Neroli** (*Citrus sinensis, Citrus aurantium*): reported to potentially help pain, inflammation, arthritis, muscle problems, anxiety, circulation problems, and rheumatoid arthritis.

mdxlvi. **Nerolidol**: reported to potentially help pain and inflammation.

mdxlvii. **Nettle** (*Urtica diolical, Urtica utilis*): reported to potentially help inflammation and pain.

mdxlviii. **Proteolytic Enzyme**: reported to potentially help inflammation.

mdxlix. **Ngali Nut** (*Canarium indicum*): reported to potentially help arthritis and pain.

mdl. **Niacinamide** (Glycine and Fructose Niacinamide): reported to potentially help arthritis and inflammation.

mdli. **Niaouli** (Nerolina, *Melaleuca quinquenervia, Melaleuca viridiflora, Melaleuca alternifolia, Melaleuca ericifolia*): reported to potentially help muscle fatigue, osteoarthritis, pain, muscle problems, circulation problems, inflammation, arthritis, rheumatoid arthritis, and mobility problems.

mdlii. **Nicotinamide Adenine Dinucleotide** (NAD): reported to potentially help rheumatoid arthritis, inflammation, anxiety, and osteoarthritis.

mdliii. **Nicotine**: reported to potentially help rheumatoid arthritis and inflammation.

mdliv. **Niepa Bark Tree** (*Samadera indica*): reported to potentially help arthritis.

mdlv. **Night Flowering Jasmine** (*Nyctanthes arbor tristis*): reported to potentially help arthritis, inflammation, mobility problems, and pain.

mdlvi. **Nilgiri White Ironwood** (*Vepris bilocularis*): reported to potentially help arthritis.

mdlvii. **Nilvall** (*Unona narum*): reported to potentially help arthritis.

mdlviii. **Nipple Fruit** (*Solanum mammosum*): reported to potentially help muscle problems and arthritis.

mdlix. **Nipplewort** (*Lapsana communis*): reported to potentially help rheumatoid arthritis, arthritis, pain, and inflammation.

mdlx. **Nitrate of Silver** (Argentum Nitricum): reported to potentially help pain and anxiety.

mdlxi. **Nitric Oxide**: reported to potentially help circulation problems, muscle problems, and poor athletic performance.

mdlxii. **Nopal** (*Opuntia ficus indica*): reported to potentially help arthritis, pain, and inflammation.

mdlxiii. **Northern Milkvetch** (*Oxytropis lapponica*): reported to potentially help arthritis and inflammation.

mdlxiv. **Northern Quahog** (*Venus mercenaria*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdlxv. **Northern Water Hemlock** (*Cicuta virosa*): reported to potentially help arthritis, inflammation, and pain.

mdlxvi. **Nortrachelogenin** (NOR): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdlxvii. **Norvaline** (L-Norvaline): reported to potentially help circulation problems.

mdlxviii. **Norway Spruce** (*Picea excelsa, Picea abie*): reported to potentially help pain, arthritis, circulation problems, inflammation, and rheumatoid arthritis.

mdlxix. **Num-Num** (*Carissa edulis*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdlxx. **Nutmeg** (Mace, *Myristica fragrans*): reported to potentially help arthritis, inflammation, circulation problems, osteoarthritis, pain, muscle problems, osteoarthritis, and obesity.

mdlxxi. **Oakleaf Fern** (*Drynaria quercifolia*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mdlxxii. **Oakmoss** (*Evernia prunastri*): reported to potentially help arthritis.

mdlxxiii. **Oat** (Oat Straw, *Avena sativa*): reported to potentially help circulation problems, osteoarthritis, and rheumatoid arthritis.

mdlxxiv. **Ocotea** (*Ocotea guianensis, Ocotea quixos*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, anxiety, obesity, and pain.

mdlxxv. **Ohio Buckeye** (*Aesculus glabra*): reported to potentially help arthritis, pain, rheumatoid arthritis, muscle problems, and inflammation.

mdlxxvi. **Okanakafukwa** (*Tephrosia lupinifolia*): reported to potentially help rheumatoid arthritis, pain, inflammation, and arthritis.

mdlxxvii. **Okra** (*Abelmoschus esculentus*): reported to potentially help circulation problems, arthritis, inflammation, pain, mobility problems, anxiety, muscle fatigue, and obesity.

mdlxxviii. **Old Man's Beard** (*Clematis vitalba*): reported to potentially help inflammation, pain, osteoarthritis, arthritis, and rheumatoid arthritis.

mdlxxix. **Olive** (Olive Oil, Black Olive, Green Olive, *Olea europaea*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.

mdlxxx. **Onion** (*Allium cepa*): reported to potentially help inflammation, osteoarthritis, rheumatoid arthritis, circulation problems, pain, and arthritis.

mdlxxxi. **Onion Weed** (*Asphodelus tenuifolius*): reported to potentially help rheumatoid arthritis, inflammation, pain, and arthritis.

mdlxxxii. **Onosma** (*Onosma echioides*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mdlxxxiii. **Opium Poppy** (*Papaver somniferum*): reported to potentially help arthritis, osteoarthritis, inflammation, and pain.

mdlxxxiv. **Opoponax** (*Commiphora guidotti*): reported to potentially help arthritis, rheumatoid arthritis, muscle problems, pain, osteoarthritis, and inflammation.

mdlxxxv. **Orange** (Sweet Orange, *Citrus sinensis*): reported to potentially help rheumatoid arthritis, osteoarthritis, inflammation, pain, and mobility problems.

mdlxxxvi. **Orangeberry** (*Glycosmis pentaphylla*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mdlxxxvii. **Orange Climber** (*Toddalia aculeata, Toddalia asiatica, Toddalia bilocularis*): reported to potentially help arthritis and rheumatoid arthritis.

mdlxxxviii. **Orange Honeysuckle** (*Lonicera ciliosa*): reported to potentially help arthritis and rheumatoid arthritis.

mdlxxxix. **Orange Jasmine** (*Murraya exotica*): reported to potentially help arthritis, osteoarthritis, inflammation, pain, and rheumatoid arthritis.

mdxc. **Orchid Tree** (*Bauhinia variegata*): reported to potentially help arthritis and inflammation.

mdxci. **Oregano** (*Origanum vulgare, Origanum onites*): reported to potentially help anxiety, arthritis, pain, rheumatoid arthritis, and inflammation.

mdxcii. **Oregon Iris** (*Iris tenax*): reported to potentially help arthritis and pain.

mdxciii. **Orgotein** (Superoxide Dismutase, SOD): reported to potentially help osteoarthritis, inflammation, arthritis, and rheumatoid arthritis.

mdxciv. **Oriental Virginsbower** (*Clematis orientalis, Clematis ispaphanica*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mdxcv. **Ormosia** (*Ormosia coutinho, Ormosia coarctata*): reported to potentially help rheumatoid arthritis and pain.

mdxcvi. **Ornithine** (L-Ornithine): reported to potentially help muscle degeneration, poor athletic performance, and obesity.

mdxcvii. **Star of Bethlehem** (*Ornithogalum umbellatum*): reported to potentially help inflammation, pain, rheumatoid arthritis, arthritis, circulation problems, and anxiety.

mdxcviii. **Ornithogalum** (*Ornithogalum tenuifolium*): reported to potentially help arthritis.

mdxcix. **Thickhead** (*Crassocephalum mannii*): reported to potentially help arthritis.

mdc. **Natal Indigo** (*Indigofera arrecta*): reported to potentially help pain.

mdci. **East African Greenheart** (*Warburgia ugandensis*): reported to potentially help pain.

mdcii. **Spilanthes** (*Spilanthes mauritiana*): reported to potentially help pain.

mdciii. **Fuerstia** (*Fuerstia africana*): reported to potentially help pain.

mdciv. **Blackthorn** (*Acacia mellifera*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdcv. **Kalanchoe** (*Kalanchoe germanae, Kalanchoe mitejea*): reported to potentially help arthritis and pain.

mdcvi. **Boscia** (*Boscia coriacea*): reported to potentially help obesity.

mdcvii. **KnobWood** (*Zanthoxylum chalybeum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdcviii. **Jacket Plum** (*Pappea capensis*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdcix. **Orpiment**: reported to potentially help anxiety.

mdcx. **Orris Root** (*Iris germanica*): reported to potentially help inflammation, pain, rheumatoid arthritis, arthritis, and muscle problems.

mdcxi. **Osha** (*Ligusticum porteri*): reported to potentially help inflammation, arthritis, and pain.

mdcxii. **Owyhee Blue Opal**: reported to potentially help anxiety and inflammation.

mdcxiii. **Oxomatairesinol** (OXO): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdcxiv. **Oxygen**: reported to potentially help arthritis, pain, inflammation, cartilage degeneration, and anxiety.

mdcxv. **Oyster** (*Crassostrea spp.*): reported to potentially help arthritis, rheumatoid arthritis, and circulation problems.

mdcxvi. **Oyster Mushroom** (*Pleurotus sajorcaju*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, and inflammation.

mdcxvii. **Pacific Almond** (*Canarium bengalense*): reported to potentially help arthritis.

mdcxviii. **Pacific Poison Oak** (*Rhus diversiloba*): reported to potentially help arthritis.

mdcxix. **Padron Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcxx. **Paduri Lata** (*Paederia scandens*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mdcxxi. **Pagoda Dogwood** (*Cornus alternifolia*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdcxxii. **Painite**: reported to potentially help anxiety and pain.

mdcxxiii. **Palisander** (*Jacaranda gualandi, Jacaranda caroba*): reported to potentially help inflammation, rheumatoid arthritis, arthritis, and pain.

mdcxxiv. **Palladium**: reported to potentially help anxiety, inflammation, arthritis, and rheumatoid arthritis.

mdcxxv. **Palmarosa** (*Cymbopogon martini*): reported to potentially help arthritis, rheumatoid arthritis, anxiety, muscle problems, circulation problems, and inflammation.

mdcxxvi. **Palm Oil** (*Elaeis guineensis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mdcxxvii. **Palmyra Palm** (*Borassus Flabellifer*): reported to potentially help arthritis, inflammation, and pain.

mdcxxviii. **Palo Azul** (*Eysenhardtia polystachya*): reported to potentially help inflammation, rheumatoid arthritis, arthritis, and pain.

mdcxxix. **Palo Santo** (*Bursera graveolens*): reported to potentially help inflammation, arthritis, anxiety, and pain.

mdcxxx. **Palqui** (*Cestrum parqui*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mdcxxxi. **Pambara Kumbil** (*Trewia polycarpa*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mdcxxxii. **P-Aminobenzoic Acid**: reported to potentially help arthritis and pain.

mdcxxxiii. **Pancreatin**: reported to potentially help arthritis, pain, inflammation, osteoarthritis, and mobility problems.

mdcxxxiv. **Pangolin Scales** (*Pholidota spp.*): reported to potentially help arthritis and give immortality.

mdcxxxv. **Panicled Ebony** (*Diospyros paniculata*): reported to potentially help arthritis.

mdcxxxvi. **Panthercap** (*Amanita pantherina*): reported to potentially help circulation problems, rheumatoid arthritis, arthritis, pain, and inflammation.

mdcxxxvii. **Papain**: reported to potentially help inflammation, pain, muscle problems, arthritis, and rheumatoid arthritis.

mdcxxxviii. **Papaya** (Papain, *Carica papaya*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mdcxxxix. **Paprika Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcxl. **Paradise Apple** (*Pyrus malus*): reported to potentially help arthritis.

mdcxli. **Paraffin Wax**: reported to potentially help arthritis, osteoarthritis, muscle problems, mobility problems, pain, and rheumatoid arthritis.

mdcxlii. **Parsley** (Parsley Seed, *Petroselinum crispum*): reported to potentially help arthritis and inflammation.

mdcxliii. **Parsnip** (*Pastinaca sativa*): reported to potentially help arthritis, anxiety, circulation problems, and osteoarthritis.

mdcxliv. **Partridge Berry** (*Mitchella repens*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mdcxlv. **Pasilla Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, cartilage degeneration, and joint problems.

mdcxlvi. **Pasqueflower** (*Pulsatilla vulgaris*): reported to potentially help pain, arthritis, and rheumatoid arthritis.

mdcxlvii. **Passion Fruit** (Maracuja Oil, *Passiflora incarnata, Passiflora edulis*): reported to potentially help arthritis, pain, muscle problems, and osteoarthritis.

mdcxlviii. **Patchouli** (*Pogostemon cablin, Pogostemon patchouli*): reported to potentially help obesity, inflammation, pain, arthritis, rheumatoid arthritis, and circulation problems.

mdcxlix. **Patha** (*Cissampelos pareira*): reported to potentially help arthritis, pain, osteoarthritis, and rheumatoid arthritis.

mdcl. **Pau d'arco** (*Tabebuia avellanedae*): reported to potentially help inflammation, arthritis, pain, rheumatoid arthritis, and osteoarthritis.

mdcli. **Pavetta** (*Pavetta crassipes*): reported to potentially help rheumatoid arthritis, circulation problems, muscle problems, and pain.

mdclii. **Pawpaw** (*Asimina triloba*): reported to potentially help rheumatoid arthritis, osteoarthritis, inflammation, arthritis, and pain.

mdcliii. **Pea** (*Pisum sativum*): reported to potentially help circulation problems, obesity, inflammation, and arthritis.

mdcliv. **Peach** (*Prunus persica*): reported to potentially help arthritis, pain, inflammation, circulation problems, obesity, and circulation problems.

mdclv. **Peanut** (*Arachis hypogeae*): reported to potentially help inflammation, arthritis, and circulation problems.

mdclvi. **Pea Protein** (*Pisum sativum*): reported to potentially help muscle degeneration.

mdclvii. **Pearl Millet** (*Pennisetum glaucum*): reported to potentially help rheumatoid arthritis and pain.

mdclviii. **Pecan** (*Algooquian pacaan*): reported to potentially help inflammation, circulation problems, rheumatoid arthritis, pain, and arthritis.

mdclix. ***Pediococcus acidilactici***: reported to potentially help inflammation.

mdclx. ***Pediococcus pentosaceus***: reported to potentially help arthritis and inflammation.

mdclxi. **Pellitory Root** (*Pyrethrum indicum*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mdclxii. **Pendant St. John's Wort** (*Hypericum oblongifolium*): reported to potentially help pain, inflammation, arthritis, osteoarthritis, and rheumatoid arthritis.

mdclxiii. **Pennyroyal** (*Mentha pulegium*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.

mdclxiv. **Pentosan Polysulfate Sodium** (PPS): reported to potentially help arthritis, inflammation, cartilage degeneration, and pain.

mdclxv. **Peony** (*Paeonia lactiflora*): reported to potentially help arthritis.

mdclxvi. **Pepper Leaf Senna** (*Cassia sophera*): reported to potentially help arthritis, rheumatoid arthritis, pain, and osteoarthritis.

mdclxvii. **Peppermint** (*Mentha piperita*): reported to potentially help anxiety, muscle problems, joint problems, inflammation, and pain.

mdclxviii. **Pepperweed** (*Lepidium latifolium*): reported to potentially help arthritis.

mdclxix. **Pepperwort** (*Lepidium crassifolium*): reported to potentially help arthritis.

mdclxx. **Pequi** (Souari Nut, *Caryocar braziliensis*): reported to potentially help circulation problems, inflammation, arthritis, and pain.

mdclxxi. **Pequin Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdclxxii. **Peridot of Ceylon**: reported to potentially help anxiety.

mdclxxiii. **Perilla** (*Perilla frutescens*): reported to potentially help inflammation, rheumatoid arthritis, circulation problems, and arthritis.

mdclxxiv. **Persian Turpentine Tree** (*Pistacia atlantica*): reported to potentially help inflammation, pain, mobility problems, arthritis, and osteoarthritis.

mdclxxv. **Persian Walnut** (*Juglans regia*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdclxxvi. **Persimmon** (*Diospyros virginiana*): reported to potentially help arthritis, circulation problems, inflammation, and rheumatoid arthritis.

mdclxxvii. **Peru Balsam** (Tolu, *Myroxylon pereirae, Toluifera pereirae, Myroxylon balsamum*): reported to potentially help inflammation, circulation problems, arthritis, and anxiety.

mdclxxviii. **Peruvian Bark** (*Cinchona calisaya*): reported to potentially help arthritis, muscle problems, and circulation problems.

mdclxxix. **Peruvian Yellow Oleander** (*Cascabela thevetia*): reported to potentially help joint problems and pain.

mdclxxx. **Petit Chaume** (*Arundo mauritanica*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdclxxxi. **Petitgrain** (Petitgrain Bigarade, Petitgrain Sur Fleurs, *Citrus aurantium*): reported to potentially help anxiety, osteoarthritis, arthritis, rheumatoid arthritis, muscle problems, and circulation problems.

mdclxxxii. **Petroleum Jelly**: reported to potentially help pain, arthritis, and inflammation.

mdclxxxiii. **Phalsa** (*Grewia asiatica*): reported to potentially help arthritis, inflammation, circulation problems, pain, and rheumatoid arthritis.

mdclxxxiv. **Pheasant's Eye** (*Adonis vernalis*): reported to potentially help arthritis, pain, muscle problems, circulation problems, and mobility problems.

mdclxxxv. **Phenazone** (Antipyrinum): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdclxxxvi. **Phenoxyethanol**: reported to potentially help osteoarthritis and rheumatoid arthritis.

mdclxxxvii. **Phenylalanine** (DLPA, DL-Phenylalanine): reported to potentially help pain, osteoarthritis, and anxiety.

mdclxxxviii. **Philippine Violet** (*Barleria courtallica, Barleria cristata, Barleria lupulina*): reported to potentially help arthritis, inflammation, circulation problems, rheumatoid arthritis, and pain.

mdclxxxix. **Phosphate of Ammonia** (Ammonium Phosphoricum): reported to potentially help joint problems and pain.

mdcxc. **Phosphate of Calcium** (Calcarea Phosphorica): reported to potentially help rheumatoid arthritis, arthritis, pain, and mobility problems.

mdcxci. **Phosphate of Zinc** (Zincum Phosphoricum): reported to potentially help anxiety, muscle problems, pain, and muscle fatigue.

mdcxcii. **Phosphoric Acid**: reported to potentially help anxiety, muscle problems, pain, and muscle fatigue.

mdcxciii. **Phosphorus**: reported to potentially help anxiety, muscle problems, pain, and muscle fatigue.

mdcxciv. **Phycocyanin** (Blue-Green Algae Extract): reported to potentially help inflammation.

mdcxcv. **Physalis** (*Physalis surinamensis*): reported to potentially help rheumatoid arthritis and pain.

mdcxcvi. **Physic Nut** (*Jatropha isabellei*): reported to potentially help arthritis and inflammation.

mdcxcvii. **Pichi** (*Fabiana imbricata*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mdcxcviii. **Pig Diets/Treats** (*Sus scrofa domesticus*): reported to potentially help inflammation and arthritis.

mdcxcix. **Pigeon Pea** (*Atylosia barbata*): reported to potentially help arthritis, circulation problems, inflammation, and rheumatoid arthritis.

mdcc. **Pilewort** (*Ranunculus ficaria*): reported to potentially help arthritis and inflammation.

mdcci. **Pimenta Biquinho Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdccii. **Pimento Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcciii. **Pine** (Pine Needle, Pine Nut, Pine Needle, Pine Pollen, *Pinus sylvestris*): reported to potentially help circulation problems, inflammation, muscle problems, mobility problems, osteoarthritis, and pain.

mdcciv. **Pineapple** (*Ananas comosus*): reported to potentially help arthritis, osteoarthritis, pain, rheumatoid arthritis, and inflammation.

mdccv. **Pine Bark** (*Pycnogenol spp.*): reported to potentially help mobility problems, pain, inflammation, and osteoarthritis.

mdccvi. **Pinene** (Beta-Pinene, Alpha-Pinene): reported to potentially help inflammation, pain, and arthritis.

mdccvii. **Pink Arnebia** (*Arnebia euchroma*): reported to potentially help arthritis, pain, osteoarthritis, and circulation problems.

mdccviii. **Pink Himalayan Salts**: reported to potentially help muscle problems, circulation problems, rheumatoid arthritis, pain, osteoarthritis, inflammation, and arthritis.

mdccix. **Pink Nodding Orchid** (*Geodorum densiflorum*): reported to potentially help arthritis and pain.

mdccx. **Pink Pepper** (*Schinus terebinthifolius*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, muscle problems, and pain.

mdccxi. **Pink-Striped Trumpet Lily** (*Crinum latifolium*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

mdccxii. **Pinoresinol** (PINO): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mdccxiii. **Piperine**: reported to potentially help arthritis, pain, inflammation, rheumatoid arthritis, and osteoarthritis.

mdccxiv. **Pipsissewa Root** (*Chimaphila umbellata*): reported to potentially help pain, arthritis, rheumatoid arthritis, inflammation.

mdccxv. **Piquante Pepper** (*Capsicum baccatum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdccxvi. **Pistachio Nut** (*Pistacia vera*): reported to potentially help arthritis, inflammation, and pain.

mdccxvii. **Pitcher Plant** (*Sarracenia purpurea*): reported to potentially help arthritis, and pain.

mdccxviii. **Pithraj Tree** (*Aphanamixis polystachya*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mdccxix. **Plai** (*Zingiber montanum*): reported to potentially help pain, inflammation, muscle problems, pain, cartilage degeneration, arthritis, anxiety, and rheumatoid arthritis.

mdccxx. **Plantain Leaf** (*Plantago spp.*): reported to potentially help inflammation, arthritis, pain, inflammation, and rheumatoid arthritis.

mdccxxi. **Platelet Rich Plasma**: reported to potentially help arthritis, cartilage degeneration, osteoarthritis, inflammation, pain, and mobility problems.

mdccxxii. **Platinum**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, and inflammation.

mdccxxiii. **Pleurisy Root** (*Asclepias tuberosa*): reported to potentially help arthritis, pain, rheumatoid arthritis, and muscle problems.

mdccxxiv. **Plum** (*Prunus domestica*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and circulation problems.

mdccxxv. **Plumed Cockscomb** (*Celosia argentea*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdccxxvi. **Plutonium**: reported to potentially help anxiety, arthritis, circulation problems, and pain.

mdccxxvii. **Poblano Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdccxxviii. **Poison Devil Pepper** (*Rauvolfia vomitoria*): reported to potentially help arthritis, pain, and circulation problems.

mdccxxix. **Poison Hemlock** (*Conium maculatum*): reported to potentially help inflammation, pain, muscle problems, anxiety, and arthritis.

mdccxxx. **Poison Ivy** (*Rhus toxicodendron*): reported to potentially help arthritis, inflammation, obesity, pain, and muscle problems.

mdccxxxi. **Poison Oak** (*Toxicodendron pubescens*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mdccxxxii. **Poison Primrose** (*Primula obconica*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mdccxxxiii. **Pokeweed** (Poke Root, *Phytolacca americana, Phytolacca decandra*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mdccxxxiv. **Polymerized Type 1 Collagen**: reported to potentially help inflammation.

mdccxxxv. **Polysaccharide Alginate**: reported to potentially help arthritis, cartilage degeneration, osteoarthritis, and pain.

mdccxxxvi. **Polysulfated Glycosaminoglycan** (PSGAG): reported to potentially help pain, arthritis, inflammation, osteoarthritis, cartilage degeneration, and mobility problems.

mdccxxxvii. **Pomegranate** (*Punica granatum*): reported to potentially help inflammation, cartilage degeneration, osteoarthritis, rheumatoid arthritis, arthritis, circulation problems, poor athletic performance, and muscle fatigue.

mdccxxxviii. **Pomelo** (*Citrus decumana*): reported to potentially help arthritis, inflammation, and pain.

mdccxxxix. **Ponderosa Pine** (*Pinus ponderosa*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdccxl. **Pongame Oiltree** (*Derris pinnata*): reported to potentially help pain, osteoarthritis, and muscle problems.

mdccxli. **Poplar** (*Populus trichocarpa, Populus balsamifera*): reported to potentially help inflammation, arthritis, pain, muscle problems, and rheumatoid arthritis.

mdccxlii. **Poppy Seed** (Khus Khus, *Papaver somniferum*): reported to potentially help inflammation, osteoarthritis, pain, circulation problems, and pain.

mdccxliii. **Porcupine Flower** (*Barleria prionitis*): reported to potentially help arthritis, inflammation, and obesity.

mdccxliv. **Porter's Licorice Root** (*Ligusticum porteri*): reported to potentially help arthritis.

mdccxlv. **Potassium** (Potassium Chloride, Potassium Carbonate, Kalium Carbonica, Potassium Citrate, Potassium Phosphate, Kalium Phosphoricum, Potassium Iodide): reported to potentially help rheumatoid arthritis, anxiety, arthritis, and pain.

mdccxlvi. **Potassium Dichromate** (Kalium Bichromicum): reported to potentially help arthritis and pain.

mdccxlvii. **Potassium Hydrate** (Causticum): reported to potentially help arthritis, inflammation, muscle problems, rheumatoid arthritis, and pain.

mdccxlviii. **Potato** (*Solanum tuberosum*): reported to potentially help obesity, inflammation, and arthritis.

mdccxlix. **Pothomorphe** (*Pothomorphe peltata*): reported to potentially help pain and arthritis.

mdccl. **Pouteria** (*Pouteria melanopoda*): reported to potentially help rheumatoid arthritis and pain.

mdccli. **Pracaxi** (*Pentaclethra macroloba*): reported to potentially help arthritis and anxiety.

mdcclii. **Prairie Fire Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdccliii. **Prairie Lily** (*Mentzelia decapetala*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdccliv. **Prairie Turnip** (*Cullen corylifolium*): reported to potentially help arthritis, muscle problems, and rheumatoid arthritis.

mdcclv. **Prickly Ash** (*Zanthoxylum schinifolium, Zanthoxylum podocarpum, Zanthoxylum planispinum, Zanthoxylum fraxineum*): reported to potentially help circulation problems, pain, inflammation, and muscle problems.

mdcclvi. **Prickly Castor** Oil Tree (*Kalopanax pictus*): reported to potentially help rheumatoid arthritis, osteoarthritis, inflammation, and pain.

mdcclvii. **Prickly Chaff Flower** (*Achyranthes aspera*): reported to potentially help arthritis, inflammation, and circulation problems.

mdcclviii. **Prickly Pear** (*Opuntia vulgaris*): reported to potentially help inflammation, rheumatoid arthritis, obesity, and arthritis.

mdcclix. **Prickly Waterlily** (*Euryale ferox*): reported to potentially help arthritis, inflammation, osteoarthritis, and obesity.

mdcclx. **Proline** (L-Proline): reported to potentially help arthritis, circulation problems, inflammation, and osteoarthritis.

mdcclxi. **Propolis** (*Apis spp.*): reported to potentially help muscle problems, arthritis, inflammation, and obesity.

mdcclxii. **Propylamine**: reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdcclxiii. **Protium** (*Protium decandrum*): reported to potentially help arthritis.

mdcclxiv. **Prune** (*Prunus prunus*): reported to potentially help inflammation, rheumatoid arthritis, pain, arthritis, and osteoarthritis.

mdcclxv. **Psorinum**: reported to potentially help rheumatoid arthritis, pain, inflammation, and arthritis.

mdcclxvi. **Psyllium** (*Plantago ispaghula, Plantago ovata*): reported to potentially help arthritis and pain.

mdcclxvii. **Pterostilbene** (PT): reported to potentially help inflammation, cartilage degeneration, arthritis, and circulation problems.

mdcclxviii. **Puke Weed** (*Lobelia inflata*): reported to potentially help rheumatoid arthritis, muscle problems, pain, anxiety, and arthritis.

mdcclxix. **Pumpkin** (Pumpkin Seed Protein, *Cucurbita pepo*): reported to potentially help inflammation, pain, arthritis, and rheumatoid arthritis.

mdcclxx. **Punarnava** (*Boerhavia diffusa*): reported to potentially help arthritis, pain, rheumatoid arthritis, circulation problems, and muscle problems.

mdcclxxi. **Puncture Vine** (*Tribulus terrestris*): reported to potentially help arthritis, inflammation, circulation problems, osteoarthritis, and rheumatoid arthritis.

mdcclxxii. **Punjab Fig** (*Ficus palmata*): reported to potentially help arthritis, rheumatoid arthritis, pain, circulation problems, and inflammation.

mdcclxxiii. **Purging Flax** (*Linum catharticum*): reported to potentially help inflammation and arthritis.

mdcclxxiv. **Purging Nut** (*Jatropha curcas*): reported to potentially help arthritis and inflammation.

mdcclxxv. **Purira Chile Pepper** (*Capsicum frutescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcclxxvi. **Purple Archangel** (*Lamium purpureum*): reported to potentially help joint problems, pain, and inflammation.

mdcclxxvii. **Purple Clover** (*Trifolium purpureum*): reported to potentially help rheumatoid arthritis and pain.

mdcclxxviii. **Purple Coneflower** (*Echinacea angustifolia, Echinacea purpurea*): reported to potentially help pain, arthritis, osteoarthritis, inflammation, and rheumatoid arthritis.

mdcclxxix. **Purple Heart** (*Tradescantia pallida*): reported to potentially help arthritis.

mdcclxxx. **Purplestem Angelica** (*Angelica atropurpurea*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, pain, and inflammation.

mdcclxxxi. **Purple Willow** (*Salix purpurea*): reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, inflammation, and muscle problems.

mdcclxxxii. **Purslane** (*Portulaca oleracea, Portulaca quadrifida*): reported to potentially help arthritis, pain, and inflammation.

mdcclxxxiii. **Puya Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcclxxxiv. **Pycnogenol**: reported to potentially help arthritis and inflammation.

mdcclxxxv. **Pygeum** (*Prunus africana*): reported to potentially help pain, inflammation, rheumatoid arthritis, and arthritis.

mdcclxxxvi. **Pyridoxine Hydrochloride** (Vitamin B6): reported to potentially help arthritis and inflammation.

mdcclxxxvii. **Pyrite**: reported to potentially help anxiety, inflammation, shield negative energy, physical protection, and memory enhancement.

mdcclxxxviii. **Quaking Aspen** (*Populus tremuloides*): reported to potentially help inflammation, rheumatoid arthritis, pain, and arthritis.

mdcclxxxix. **Queen of the Meadow** (*Spiraea ulmaria*): reported to potentially help inflammation, pain, arthritis, and rheumatoid arthritis.

mdccxc. **Queen of the Night** (*Cereus serpentinus*): reported to potentially help inflammation and arthritis.

mdccxci. **Queen's Root** (Queen's Delight, *Stillingia sylvatica*): reported to potentially help muscle problems, pain, obesity, arthritis, and osteoarthritis.

mdccxcii. **Quercetin** (Meletin, Sophoretin, Quercetin Dihydrate): reported to potentially help inflammation and arthritis.

mdccxciii. **Quintisho Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdccxciv. **Rabbitsfoot Grass** (*Polypogon monspeliensis*): reported to potentially help arthritis, and inflammation.

mdccxcv. **Radium Bromide** (Radium Bromatum): reported to potentially help rheumatoid arthritis, pain, osteoarthritis, and arthritis.

mdccxcvi. **Ragleaf** (*Crassocephalum mannii, Crassocephalum bauchiense*): reported to potentially help arthritis and pain.

mdccxcvii. **Ragwort** (*Senecio jacobe*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdccxcviii. **Rai Jamun** (*Syzygium nervosum*): reported to potentially help rheumatoid arthritis.

mdccxcix. **Ramtilla** (*Guizotia abyssinica*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, and pain.

mdccc. **Ranunculus** (*Ranunculus millefolius hiersolymitanus*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mdccci. **Rapeseed** (*Brassica napus*): reported to potentially help arthritis, rheumatoid arthritis, anxiety, pain, and osteoarthritis.

mdcccii. **Rasana** (*Pluchea lanceolata*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mdccciii. **Rasna** (*Saccolabium papillosum*): reported to potentially help arthritis.

mdccciv. **Raspberry** (*Rubus idaeus*): reported to potentially help circulation problems, inflammation, arthritis, and obesity.

mdcccv. **Raspite**: reported to potentially help anxiety, pain, healing, and bone problems.

mdcccvi. **Rattlebox** (*Crotalaria prostate*): reported to potentially help arthritis.

mdcccvii. **Rattle Root** (*Actaea racemosa, Cimifuga racemosa*): reported to potentially help pain.

mdcccviii. **Ravensare** (Ravensara, *Ravensara aromatica, Agathophyllum aromatica*): reported to potentially help muscle problems and anxiety.

mdcccix. **Razgon** (*Veronica officinalis*): reported to potentially help rheumatoid arthritis and pain.

mdcccx. **Red Abalone** (*Haliotis rufescens*): reported to potentially help inflammation, arthritis, circulation problems, muscle problems, and obesity.

mdcccxi. **Red Acarus of the Fly** (*Trombidium muscae*): reported to potentially help arthritis, and pain.

mdcccxii. **Red Alder** (*Alnus rubra*): reported to potentially help rheumatoid arthritis, pain, and arthritis.

mdcccxiii. **Red Algae** (*Actinotrichia fragilis*): reported to potentially help arthritis, cartilage degeneration, osteoarthritis, and pain.

mdcccxiv. **Red Amazon Pepper** (*Capsicum frutescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcccxv. **Red Bean Vine** (*Abrus precatorius*): reported to potentially help inflammation, joint problems, and muscle problems.

mdcccxvi. **Red Beet** (*Beta vulgaris vulgaris*): reported to potentially help circulation problems, inflammation, and muscle problems.

mdcccxvii. **Red Cedar** (*Cadeira toona*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mdcccxviii. **Red Clover** (*Trifolium pratense*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mdcccxix. **Red Coral** (*Corallium rubrum*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mdcccxx. **Redfruit Creeper** (*Corallocarpus epigaeus, Bryonia epigaea*): reported to potentially help arthritis, pain, and inflammation.

mdcccxxi. **Redgrape** (*Vitis vinifera*): reported to potentially help inflammation.

mdcccxxii. **Red Mountain Fleeceflower** (*Bistorta amplexicaulis*): reported to potentially help arthritis and inflammation.

mdcccxxiii. **Red Physic Nut** (*Baliospermum montanum*): reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, and inflammation.

mdcccxxiv. **Red Sage** (*Lantana camara, Salvia miltiorrhiza*): reported to potentially help arthritis, rheumatoid arthritis, pain, circulation problems, and inflammation.

mdcccxxv. **Red Sandalwood** (*Adenanthera pavonina, Santalum rubrum*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, circulation problems, muscle problems, and anxiety.

mdcccxxvi. **Red Seaweed** (*Lithothamnion corallioides*): reported to potentially help arthritis, pain, osteoarthritis, circulation problems, rheumatoid arthritis, and inflammation.

mdcccxxvii. **Redshank** (*Polygonum persicaria*): reported to potentially help arthritis, rheumatoid arthritis, and [pain.

mdcccxxviii. **Red Silk Cotton Tree** (*Bombax ceiba*): reported to potentially help pain, inflammation, rheumatoid arthritis, arthritis, and osteoarthritis.

mdcccxxix. **Red Squill** (*Urginea maritima*): reported to potentially help arthritis and pain.

mdcccxxx. **Red Wood Ant** (*Formica rufa*): reported to potentially help rheumatoid arthritis, bursitis, arthritis, mobility problems, and pain.

mdcccxxxi. **Reed** (*Phragmites karka*): reported to potentially help arthritis, rheumatoid arthritis, muscle problems, and pain.

mdcccxxxii. **Reishi Mushroom** (*Ganoderma lingzhi*): reported to potentially help muscle problems, pain, arthritis, osteoarthritis, rheumatoid arthritis, circulation problems, anxiety, inflammation, and mobility problems.

mdcccxxxiii. **Renealmia** (*Renealmia pyramidale*): reported to potentially help rheumatoid arthritis and pain.

mdcccxxxiv. **Resveratrol**: reported to potentially help arthritis, osteoarthritis, rheumatoid arthritis, and inflammation.

mdcccxxxv. **Rezha Macedonian Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcccxxxvi. **Rhatany** (*Krameria triandra*): reported to potentially help inflammation, pain, and arthritis.

mdcccxxxvii. **Rhino Horn** (*Rhinocerotidae spp.*): reported to potentially help pain, arthritis, and inflammation.

mdcccxxxviii. **Rhodonite**: reported to potentially help anxiety, inflammation, circulation problems, arthritis, circulation problems, dispel environmental negativity, protection, and wards against danger.

mdcccxxxix. **Rhubarb Root** (*Rheum rhabarbarum*): reported to potentially help arthritis.

mdcccxl. **Rice Bran** (*Oryza sativa*): reported to potentially help arthritis, pain, inflammation, obesity, rheumatoid arthritis, and osteoarthritis.

mdcccxli. **Roble** (*Tabebuia rosea*): reported to potentially help pain and rheumatoid arthritis.

mdcccxlii. **Rock Rose** (Ladanum, *Cistus spp.*, *Helianthemum spp.*): reported to potentially help pain, rheumatoid arthritis, arthritis, muscle problems, circulation problems, and inflammation.

mdcccxliii. **Rocotillo Chile Pepper** (*Capsicum baccatum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcccxliv. **Rocoto Pepper** (*Capsicum pubescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mdcccxlv. **Roman Chamomile** (*Anthemis nobilis, Chamaemelum nobile*): reported to potentially help anxiety, inflammation, muscle problems, and pain.

mdcccxlvi. **Roman Nettle** (*Urtica pilulifera*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mdcccxlvii. **Rooster Comb** (*Gallus gallus domesticus*): reported to potentially help osteoarthritis, inflammation, pain, and arthritis.

mdcccxlviii. **Rosalina** (*Melaleuca ericifolia*): reported to potentially help arthritis.

mdcccxlix. **Rosary Pea** (*Abrus precatorius*): reported to potentially help arthritis and pain.

mdcccl. **Rose** (Rose Otto, Rosehip, *Rosa rubiginosa, Rosa canina, Rosa damascena*): reported to potentially help anxiety, inflammation, osteoarthritis, rheumatoid arthritis, arthritis, mobility problems, and pain.

mdcccli. **Roselle** (*Hibiscus sabdariffa*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, inflammation, and osteoarthritis.

mdccclii. **Rose Madder** (*Rubia tinctorum*): reported to potentially help arthritis, pain, and inflammation.

mdccccliii. **Rosemary** (*Rosmarinus officinalis*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, muscle problems, circulation problems, osteoarthritis, and pain.

mdcccliv. **Rose of Jericho** (*Anastatica hierochuntica*): claimed to be "holy plant of protection."

mdccclv. **Rose Quartz**: reported to potentially help anxiety, arthritis, pain, inflammation, circulation problems, osteoarthritis, and healing.

mdcccvi. **Rosewood** (*Aniba rosaeodora*): reported to potentially help arthritis and pain.

mdcccvii. **Roughbark Lignum Vitae** (*Guaiacum officinale*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mdcccviii. **Rough Cocklebur** (*Xanthium strumarium, Xanthium japonicum, Xanthium sibiricum, Xanthium spinosum*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mdccclix. **Roundleaf Burr-Bush** (*Triumfetta rotundifolia*): reported to potentially help arthritis.

mdccclx. **Round Leafed Navel Wort** (*Cotyledon umbilicus*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mdccclxi. **Rourea** (*Rourea satanloides*): reported to potentially help arthritis.

mdccclxii. **Royal Fern** (*Osmunda regalis*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mdccclxiii. **Royal Jelly** (*Apis spp.*): reported to potentially help muscle problems, arthritis, inflammation, and obesity.

mdccclxiv. **Royal Poinciana** (*Delonix regia*): reported to potentially help arthritis and inflammation.

mdccclxv. **Rubber Plant** (*Ficus elastica*): reported to potentially help pain, arthritis, muscle problems, and inflammation.

mdccclxvi. **Rubia** (*Rubia tenuifolia doniettii*): reported to potentially help rheumatoid arthritis and pain.

mdccclxvii. **Ruby Zoisite** (Anyolite): reported to potentially help anxiety, vitality, circulation problems, and healing.

mdccclxviii. **Rudraki** (*Elaeocarpus sphaericus*): reported to potentially help arthritis, pain, circulation problems, anxiety, inflammation, rheumatoid arthritis, and osteoarthritis.

mdccclxix. **Rudraksha** (*Elaeocarpus ganitrus*): reported to potentially help arthritis, pain, osteoarthritis, rheumatoid arthritis.

mdccclxx. **Rudrakshi** (*Elaeocarpus oblongus*): reported to potentially help arthritis and circulation problems.

mdccclxxi. **Rue** (*Ruta graveolens*): reported to potentially help arthritis, pain, rheumatoid arthritis, inflammation, muscle problems, mobility problems.

mdccclxxii. **Ruku Hutan** (*Adenosma indiana*): reported to potentially help rheumatoid arthritis, inflammation, and pain.

mdccclxxiii. **Rush** (*Juncus effusus*): reported to potentially help inflammation and rheumatoid arthritis.

mdccclxxiv. **Rush Milkweed** (*Caralluma edulis, Caralluma tuberculata, Caralluma attenuate, Caralluma fimbriata*): reported to potentially help obesity, arthritis, pain, and rheumatoid arthritis.

mdccclxxv. **Russian Sage** (*Perovskia abrotanoides*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

mdccclxxvi. **Rutabaga** (Swede, *Brassica napobrassica*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mdccclxxvii. **Ruthenium**: reported to potentially help anxiety.

mdccclxxviii. **Rutin**: reported to potentially help arthritis, pain, osteoarthritis, inflammation, and circulation problems.

mdccclxxix. **Rye** (*Secale cereale*): reported to potentially help inflammation, arthritis, and muscle problems.

mdccclxxx. **Sabadilla** (*Schoenocaulon officinale*): reported to potentially help arthritis, inflammation, and pain.

mdccclxxxi. ***Saccharomyces boulardii***: reported to potentially help inflammation.

mdccclxxxii. **Sacha Inchi** (*Plukenetia volubilis*): reported to potentially help pain, arthritis, obesity, inflammation, and rheumatoid arthritis.

mdccclxxxiii. **Sacred Bark** (*Cascara sagrada*): reported to potentially help arthritis.

mdccclxxxiv. **Sacred Garlic Pear** (*Crateva religiosa*): reported to potentially help inflammation, arthritis, and pain.

mdccclxxxv. **S-adenosyl-L-methionine** (Sam-E): reported to potentially help mobility problems, pain, inflammation, osteoarthritis, bursitis, and tendinitis.

mdccclxxxvi. **Safed Musli** (*Chlorophytum borivilianum*): reported to potentially help rheumatoid arthritis, pain, arthritis, muscle problems, weakness, osteoarthritis, and poor athletic performance.

mdccclxxxvii. **Safflower** (*Carthamus tinctorius*): reported to potentially help inflammation, arthritis, pain, muscle problems, obesity, and circulation problems.

mdccclxxxviii. **Saffron** (*Crocus sativus*): reported to potentially help arthritis, inflammation, pain, and mobility problems.

mdccclxxxix. **Safrawi** (*Dipterygium glaucum*): reported to potentially help arthritis and inflammation.

mdcccxc. **Sage** (White Sage, *Salvia officinalis*): reported to potentially help pain, inflammation, rheumatoid arthritis, muscle problems, arthritis, and anxiety.

mdcccxci. **Sage Leaved Alangium** (*Alangium lamarckii*): reported to potentially help arthritis, osteoarthritis, rheumatoid arthritis, anxiety, and circulation problems.

mdcccxcii. **Sahyadri Pittosporum** (*Pittosporum dasycaulon*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

mdcccxciii. **Salazopyrin**: reported to potentially help rheumatoid arthritis.

mdcccxciv. **Salicylic Acid** (Salicylicum Acidum): reported to potentially help rheumatoid arthritis, arthritis, pain, and inflammation.

mdcccxcv. **Salidroside**: reported to potentially help arthritis, osteoarthritis, cartilage degeneration, and rheumatoid arthritis.

mdcccxcvi. **Salmon Cooked/Dehydrated/Raw** (*Salmo salar*): reported to potentially help mobility problems, inflammation, osteoarthritis, circulation problems, pain, and rheumatoid arthritis.

mdcccxcvii. **Saltbush** (*Salvadora persica*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mdcccxcviii. **Sal Tree** (*Shorea robusta*): reported to potentially help arthritis, pain, and inflammation.

mdcccxcix. **Saltwort** (*Salsola kali, Salsola tragus*): reported to potentially help arthritis, rheumatoid arthritis, pain, and obesity.

mcm. **Sambong** (*Blumea balsamifera, Blumea ripens*): reported to potentially help arthritis, muscle problems, inflammation, rheumatoid arthritis, and pain.

mcmi. **Sandalwood** (*Santalum album, Santalum spicatum,* Santalum oleum): reported to potentially help anxiety, muscle fatigue, inflammation, arthritis, pain, and muscle problems.

mcmii. **Sand Box Tree** (*Hura brasiliensis*): reported to potentially help pain and arthritis.

mcmiii. **Sand Button** (*Neurada procumbens*): reported to potentially help arthritis.

mcmiv. **Sandpaper Fig** (*Ficus exasperata*): reported to potentially help arthritis, circulation problems, pain, rheumatoid arthritis, and inflammation.

mcmv. **Santaka Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcmvi. **Saponin**: reported to potentially help arthritis, inflammation, rheumatoid arthritis, osteoarthritis, and pain.

mcmvii. **Sappan Wood** (*Caesalpinia sappan*): reported to potentially help arthritis, inflammation, circulation problems, and rheumatoid arthritis.

mcmviii. **Sardines** (*Sardina pilchardus*): reported to potentially help inflammation, circulation problems, arthritis, and pain.

mcmix. **Sardonyx**: reported to potentially help anxiety, pain, legal problems, bone problems, protection, and strength.

mcmx. **Saro** (Mandravasarotra, *Cinnamosma fragrans*): reported to potentially help inflammation.

mcmxi. **Sarsaparilla** (*Smilax glabra roxb, Smilax officinalis*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcmxii. **Sassafras** (*Doryphora sassafras, Sassafras albidum*): reported to potentially help arthritis, inflammation, circulation problems, pain, rheumatoid arthritis, osteoarthritis, and anxiety.

mcmxiii. **Sauerkraut** (*Brassica oleracea*): reported to potentially help pain, joint problems, inflammation, and obesity.

mcmxiv. **Saw Palmetto** (*Sabal serrulata, Serenoa repens*): reported to potentially help arthritis, inflammation, pain, and osteoarthritis.

mcmxv. **Scallop** (*Pecten jacobaeus*): reported to potentially help rheumatoid arthritis, inflammation, and obesity.

mcmxvi. **Scarlet Fruited Ivy Gourd** (*Coccinia grandis*): reported to potentially help rheumatoid arthritis and pain.

mcmxvii. **Scarlet Leadwort** (*Plumbago indica*): reported to potentially help inflammation, obesity, and joint problems.

mcmxviii. **Scarlet Pimpernel** (*Anagallis arvensis*): reported to potentially help rheumatoid arthritis, and pain.

mcmxix. **Scentless Cowplant** (*Gymnema inodorum*): reported to potentially help rheumatoid arthritis.

mcmxx. **Schroeckingerite**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mcmxxi. **Scotch Bonnet Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcmxxii. **Scotch Broom** (*Sarothamnus vulgaris*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mcmxxiii. **Scots Pine** (*Pinus sylvestris*): reported to potentially help arthritis, rheumatoid arthritis, pain, muscle problems, inflammation, and osteoarthritis.

mcmxxiv. **Screw Pine** (*Pandanus odoratissimus, Pandanus amaryllifolius, Pandanus odorifer, Pandanus tectorius*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mcmxxv. **Scullcap** (*Scutellaria lateriflora*): reported to potentially help joint problems.

mcmxxvi. **Sea Bean** (*Mucuna gigantea*): reported to potentially help arthritis, anxiety, and rheumatoid arthritis.

mcmxxvii. **Sea Buckthorn** (*Hippophae rhamnoides*): reported to potentially help arthritis, pain, inflammation, circulation problems, and rheumatoid arthritis.

mcmxxviii. **Sea Cucumber** (*Stichopus chloronotus, Stichopus variegatus, Stichopus japonicus, Holothuroidea spp.*): reported to potentially help arthritis, osteoarthritis, cartilage degradation, pain, rheumatoid arthritis, and circulation problems.

mcmxxix. **Sea Hibiscus** (*Hibiscus tiliaceus*): reported to potentially help arthritis and inflammation.

mcmxxx. **Sea Holly** (*Acanthus ilicifolius, Eryngium maritimum*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mcmxxxi. **Seashore Tubeflower** (*Volkameria inermis*): reported to potentially help arthritis.

mcmxxxii. Sea Squill (*Drimia maritima*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mcmxxxiii. **Secoisolariciresinol** (SEC): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcmxxxiv. **Secoisolariciresinol** (SECO): reported to potentially help inflammation.

mcmxxxv. **Secoisolariciresinol Diglucoside** (SDG): reported to potentially help inflammation.

mcmxxxvi. **Secoisolariciresinol-Sesquilignan** (SECS): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcmxxxvii. **Sedge** (*Cyperus conglomeratus, Cyperus glomeratus, Cyperus rotundus, Cyperus thunbergii*): reported to potentially help arthritis, anxiety, and rheumatoid arthritis.

mcmxxxviii. **Segodere** (*Pseudocedrela kotschyi*): reported to potentially help arthritis and muscle problems.

mcmxxxix. **Selasian Wood** (*Cinnamomum parthenoxylon*): reported to potentially help arthritis, pain, and rheumatoid arthritis .

mcmxl. **Selenite**: reported to potentially help anxiety, pain, energy blockages, muscle problems, joint problems, tendon problems, reduction of electromagnetic pollution, vitality, life span, and amplification of other healing stones.

mcmxli. **Selenium** (Selenium Yeast): reported to potentially help arthritis and inflammation.

mcmxlii. **Seneca Snakeroot** (*Polygala senega*): reported to potentially help arthritis and rheumatoid arthritis.

mcmxliii. **Senna Uniflora** (*Cassia uniflora*): reported to potentially help arthritis, inflammation, pain, circulation problems, anxiety, and obesity.

mcmxliv. **Sensitive Fern** (*Onoclea sensibilis*): reported to potentially help arthritis.

mcmxlv. **Sensitive Plant** (*Mimosa pudica*): reported to potentially help arthritis, pain, inflammation, and circulation problems.

mcmxlvi. **Seraphinite**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

mcmxlvii. **Serine** (L-Serine): reported to potentially help inflammation and pain.

mcmxlviii. **Serpentine** (Williamsite): reported to potentially help anxiety, pain, inflammation, circulation problems, and protection from dark sorcery.

mcmxlix. **Serrano Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcml. **Sesame** (*Sesamum indicum*): reported to potentially help arthritis, inflammation, osteoarthritis, pain, and rheumatoid arthritis.

mcmli. **Sesamin** (SES): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcmlii. **Sesaminol** (SEI): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcmliii. **Sesamolin** (SEN): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mcmliv. **Settterwort** (*Helleborus foetidus*): reported to potentially help arthritis, pain, rheumatoid arthritis, and osteoarthritis.

mcmlv. **Seven Pot Brown Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcmlvi. **Shagbark Hickory** (*Carya ovata*): reported to potentially help arthritis and inflammation.

mcmlvii. **Shallot** (*Allium cepa aggregatum*): reported to potentially help osteoarthritis, rheumatoid arthritis, arthritis, inflammation, circulation problems, and pain.

mcmlviii. **Shami Tree** (*Prosopis cineraria*, Banni Tree): reported to potentially help rheumatoid arthritis, arthritis, circulation problems, pain, osteoarthritis, and muscle problems.

mcmlix. **Shark** (*Selachimorpha spp.*): reported to potentially help mobility problems, pain, inflammation, osteoarthritis, muscle problems, circulation problems, and arthritis.

mcmlx. **Sharp Stipule Willow** (*Salix mollissima*): reported to potentially help rheumatoid arthritis, osteoarthritis, pain, and arthritis.

mcmlxi. **Shatavari** (*Asparagus racemosus*): reported to potentially help arthritis, pain, anxiety, rheumatoid arthritis, inflammation, osteoarthritis, and circulation problems.

mcmlxii. **Shea Butter** (*Butyrospermum parkii, Vitellaria paradoxa*): reported to potentially help arthritis, pain, inflammation, and osteoarthritis.

mcmlxiii. **Shepherd's Purse** (*Capsella bursa pastoris, Thlaspi bursa pastoris*): reported to potentially help circulation problems, pain, arthritis, inflammation, and rheumatoid arthritis.

mcmlxiv. **Shield Sundew** (*Drosera peltata*): reported to potentially help arthritis and pain.

mcmlxv. **Shiitake** (*Lentinula edodes*): reported to potentially help rheumatoid arthritis, arthritis, circulation problems, and inflammation.

mcmlxvi. **Shilajit** (*Asphaltum punjabinum*): reported to potentially help arthritis, obesity, rheumatoid arthritis, pain, osteoarthritis, and inflammation.

mcmlxvii. **Shishito Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcmlxviii. **Shittah Tree** (*Acacia seyal*): reported to potentially help rheumatoid arthritis and pain.

mcmlxix. **Shortening** (Lard): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mcmlxx. **Short Stem Philodendron** (*Philodendron fragrantissimum*): reported to potentially help rheumatoid arthritis, circulation problems, anxiety, obesity, and pain.

mcmlxxi. **Showy Inula** (*Inula grandiflora*): reported to potentially help inflammation, rheumatoid arthritis, arthritis, and pain.

mcmlxxii. **Shrimp** (*Caridea spp.*): reported to potentially help inflammation, rheumatoid arthritis, pain, and arthritis.

mcmlxxiii. **Shrubby Sophora** (*Sophora flavescens*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mcmlxxiv. **Shungite**: claimed to be a "miracle healing stone."

mcmlxxv. **Siamese Ginger** (*Alpinia galangal*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, osteoarthritis, circulation problems, and pain.

mcmlxxvi. **Siam Wood** (*Fokienia hodginsii*): reported to potentially help arthritis and pain.

mcmlxxvii. **Siberian Fir** (*Abies sibirica*): reported to potentially help pain, arthritis, muscle problems, inflammation, and circulation problems.

mcmlxxviii. **Sichuan Aconite** (*Aconitum carmichaelii*): reported to potentially help pain, muscle problems, and joint problems.

mcmlxxix. **Sichuan Lovage** (*Ligusticum sinense*): reported to potentially help pain.

mcmlxxx. **Sicilian Caper** (*Capparis sicula*): reported to potentially help rheumatoid arthritis and pain.

mcmlxxxi. **Sicilian Sumac** (*Rhus coriaria*): reported to potentially help arthritis, osteoarthritis, pain, and circulation problems.

mcmlxxxii. **Sickle Bean** (*Dolichos falcatus*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mcmlxxxiii. **Sicklebush** (*Dichrostachys cinerea*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

mcmlxxxiv. **Sieversian Wormwood** (*Artemisia sieversiana*): reported to potentially help osteoarthritis, rheumatoid arthritis, pain, and arthritis.

mcmlxxxv. **Sigesbeckia** (*Siegesbeckia pubescens*): reported to potentially help rheumatoid arthritis, arthritis, circulation problems, and pain.

mcmlxxxvi. **Silica** (Silicea): reported to potentially help rheumatoid arthritis, cartilage degeneration, muscle problems, circulation problems, arthritis, and pain.

mcmlxxxvii. **Silicofluoride of Calcium** (Lapis Albus): reported to potentially help pain.

mcmlxxxviii. **Siling Labuyo** (*Capsicum frutescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mcmlxxxix. **Silky Swallow Wort** (*Asclepias sinaica*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, and pain.

mcmxc. **Sillimanite**: reported to potentially help anxiety, inflammation, deoxygenation, and muscle problems.

mcmxci. **Silver**: reported to potentially help anxiety.

mcmxcii. **Silver Dust Plant** (*Cineraria maritima*): reported to potentially help inflammation and rheumatoid arthritis.

mcmxciii. **Silver Fir** (*Abies alba*): reported to potentially help pain, rheumatoid arthritis, arthritis, muscle problems, inflammation, and osteoarthritis.

mcmxciv. **Skunk Cabbage** (*Ictodes fetidus*): reported to potentially help pain, muscle problems, rheumatoid arthritis, and arthritis.

mcmxcv. **Slaty Shale**: reported to potentially help anxiety.

mcmxcvi. **Sleeping Tree** (*Mimosa humilis, Mimosa pudica*): reported to potentially help arthritis, pain, and circulation problems.

mcmxcvii. **Slippery Elm** (*Ulmus fulva*): reported to potentially help inflammation.

mcmxcviii. **Small Magnolia** (*Magnolia glauca*): reported to potentially help arthritis and rheumatoid arthritis.

mcmxcix. **Smart Weed** (*Polygonum punctatum*): reported to potentially help pain.

mm. **Smokey Quartz**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

mmi. **Smooth Hydrangea** (*Hydrangea arborescens*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mmii. **Smooth Sumac** (*Rhus glabra*): reported to potentially help arthritis.

mmiii. **Snake Apple** (*Solanum incanum*): reported to potentially help rheumatoid arthritis and pain.

mmiv. **Snake Cactus** (*Cereus bonplandii*): reported to potentially help arthritis, pain, rheumatoid arthritis, and muscle problems.

mmv. **Snakeweed** (*Polygonum bistorta*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mmvi. **Snap Pea** (*Pisum sativum*): reported to potentially help arthritis, circulation problems, and inflammation.

mmvii. **Snowdrop** (*Galanthus nivalis*): reported to potentially help rheumatoid arthritis.

mmviii. **Snow Lotus** (*Saussurea medusa, Saussurea laniceps, Saussurea lappa, Saussurea costus, Saussurea involucrata, Saussurea obvallata*): reported to potentially help pain, inflammation, muscle fatigue, muscle problems, circulation problems, rheumatoid arthritis, and arthritis.

mmix. **Snow Pea** (*Pisum sativum saccharatum*): reported to potentially help arthritis, circulation problems, and inflammation.

mmx. **Soalite**: reported to potentially help anxiety, pain, poor athletic performance, and endurance.

mmxi. **Soapbark Tree** (*Quillaja saponaria*): reported to potentially help arthritis and inflammation.

mmxii. **Soapwort Root** (*Saponaria officinalis*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, and pain.

mmxiii. **Socotrine Aloe** (*Aloe socotrina*): reported to potentially help pain, osteoarthritis, inflammation, arthritis, and obesity.

mmxiv. **Sodium** (Sodium Chloride, Sodium Selenite, Sodium Citrate, Natrum Muriaticum): reported to potentially help inflammation, arthritis, rheumatoid arthritis, muscle problems, and pain.

mmxv. **Sodom Apple** (*Calotropis procera*): reported to potentially help arthritis, pain, rheumatoid arthritis, and anxiety.

mmxvi. **Solomon's Lily** (*Arum palaestinum*): reported to potentially help rheumatoid arthritis, osteoarthritis, and pain.

mmxvii. **Sophora** (*Brachyglottis repanda*): reported to potentially help rheumatoid arthritis.

mmxviii. **Sore-Mouth Bush** (*Psychotria poeppigiana*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mmxix. **Southern Magnolia** (*Magnolia grandiflora*): reported to potentially help inflammation, anxiety, obesity, rheumatoid arthritis, circulation problems, and arthritis.

mmxx. **Southernwood** (*Artemisia abrotanum*): reported to potentially help arthritis, rheumatoid arthritis, anxiety, circulation problems, and muscle weakness.

mmxxi. **Soybean** (Soy Lecithin, Soy Protein, Edamame, *Glycine max*): reported to potentially help osteoarthritis, cartilage degeneration, pain, arthritis, and inflammation.

mmxxii. **Spangolite**: reported to potentially help anxiety, strengthening of flesh, healing, joint problems, cell regeneration, and strengthen psychic abilities.

mmxxiii. **Spanish Jasmine** (*Jasminum grandiflorum*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mmxxiv. **Spanish Moss** (*Tillandsia usneoides*): reported to potentially help arthritis, osteoarthritis, rheumatoid arthritis, pain, and inflammation.

mmxxv. **Spanish Needle** (*Bidens pilosa*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mmxxvi. **Spanish Soap**: reported to potentially help pain.

mmxxvii. **Spearmint** (*Mentha spicata*): reported to potentially help arthritis, pain, inflammation, mobility problems, anxiety, osteoarthritis, and muscle problems.

mmxxviii. **Spear Thistle** (*Cirsium vulgare*): reported to potentially help rheumatoid arthritis, muscle problems, and arthritis.

mmxxix. **Sphalerite**: reported to potentially help anxiety, inflammation, healing, and psychic activity.

mmxxx. **Spicebush** (*Lindera benzoin*): reported to potentially help arthritis and pain.

mmxxxi. **Spiderwisp** (*Gynandropsis gynandra*): reported to potentially help arthritis and rheumatoid arthritis.

mmxxxii. **Spike Lavender** (*Lavandula latifolia*): reported to potentially help arthritis, anxiety, osteoarthritis, pain, inflammation, and rheumatoid arthritis.

mmxxxiii. **Spikenard** (*Nardostachys jatamansi*): reported to potentially help anxiety, circulation problems, and arthritis.

mmxxxiv. **Spinach** (*Spinacia oleracea*): reported to potentially help inflammation, rheumatoid arthritis, osteoarthritis, muscle problems, and arthritis.

mmxxxv. **Spinel**: reported to potentially help anxiety, joint problems, pain, muscle problems, energy channeled to all realms, and the "Stone of Immortality."

mmxxxvi. **Spinous Kino Tree** (*Bridelia retusa, Bridelia cathartica, Bridelia ferruginea, Bridelia grandis, Bridelia micrantha, Bridelia monoica, Bridelia stipularis*): reported to potentially help arthritis, pain, inflammation, and rheumatoid arthritis.

mmxxxvii. **Spiny Bitter Cucumber** (*Momordica cochinchinensis*): reported to potentially help arthritis, rheumatoid arthritis, circulation problems, and osteoarthritis.

mmxxxviii. **Spiny Restharrow** (*Ononis spinosa*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mmxxxix. **Spiny Sowthistle** (*Sonchus asper*): reported to potentially help arthritis, inflammation, and pain.

mmxl. **Spodumene**: reported to potentially help anxiety, healing, and protection from unwanted energies.

mmxli. **Sponge Cucumber** (*Luffa operculata*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

mmxlii. **Sponge Gourd** (*Luffa acutangula*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

mmxliii. **Sponge Morel** (*Morchella esculenta*): reported to potentially help arthritis, inflammation, and pain.

mmxliv. **Spotted Beebalm** (*Monarda punctata*): reported to potentially help arthritis, circulation problems, inflammation, pain, and rheumatoid arthritis.

mmxlv. **Spotted Deadnettle** (*Lamium maculatum*): reported to potentially help inflammation and circulation problems.

mmxlvi. **Spotted Snapweed** (*Impatiens balsamina*): reported to potentially help rheumatoid arthritis, pain, and arthritis.

mmxlvii. **Spotted Water Hemlock** (*Cicuta maculata*): reported to potentially help arthritis, inflammation, and pain.

mmxlviii. **Spotted Wintergreen** (*Chimaphila maculata*): reported to potentially help arthritis, rheumatoid arthritis, pain, and muscle problems.

mmxlix. **Spurge** (*Euphorbia officinarum, Eupatorium amygdaloides, Euphorbia ligularia, Euphorbia resinifera, Euphorbia lathyris, Euphorbia peplus, Euphorbia hypericifolia, Euphorbia heterodoxa, Euphorbia polycarpa, Euphorbia pilulifera*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mml. **Squalane**: reported to potentially help arthritis, circulation problems, rheumatoid arthritis, mobility problems, osteoarthritis, and pain.

mmli. **Squalene**: reported to potentially help osteoarthritis, arthritis, mobility problems, rheumatoid arthritis, circulation problems, and pain.

mmlii. **Squirting Cucumber** (*Elaterium officinarum*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmliii. **St. Ignatius Bean** (*Strychnos gaultheriana*): reported to potentially help anxiety and pain.

mmliv. **St. John's Wort** (*Hypericum perforatum, Hypericum sinaicum*): reported to potentially help pain, anxiety, weakness, pain, rheumatoid arthritis, arthritis, and inflammation.

mmlv. **St. Paul's Wort** (*Sigesbeckia orientalis*): reported to potentially help arthritis, muscle problems, rheumatoid arthritis, circulation problems, and pain.

mmlvi. **Staff Vine** (*Celastrus aculeatus*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and circulation problems.

mmlvii. **Staphylococcinum**: reported to potentially help arthritis, pain, mobility problems, and osteoarthritis.

mmlviii. **Staphysagria** (*Delphinium staphisagria*): reported to potentially help arthritis, pain, and anxiety.

mmlix. **Star Anise** (*Illicium verum*): reported to potentially help circulation problems, pain, inflammation, rheumatoid arthritis, arthritis, and muscle problems.

mmlx. **Starfish** (*Asterias rubens*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mmlxi. **Starflower** (*Borage officinalis*): reported to potentially help mobility problems, pain, inflammation, and rheumatoid arthritis.

mmlxii. **Star of Bethlehem** (*Ornithogalum tenuifolium*): reported to potentially help arthritis.

mmlxiii. **Staurolite**: reported to potentially help anxiety, muscle regeneration, muscle problems, protection, elemental magick, connection to Faery realm, connection to the animal kingdom, and protection.

mmlxiv. **Stearidonic Acid** (SDA): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mmlxv. **Stibnite**: reported to potentially help anxiety, inflammation, healing, muscle problems, and astral projection.

mmlxvi. **Sticky Desmodium** (*Pseudarthria viscida*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmlxvii. **Stinging Nettle** (*Urtica dioica*): reported to potentially help pain, inflammation, and osteoarthritis.

mmlxviii. **Stinking Gladwin** (*Iris foetidissima*): reported to potentially help arthritis.

mmlxix. **Stinking Goosefoot** (*Chenopodium vulvaria*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmlxx. **Stinking Russula** (*Russula foetens*): reported to potentially help arthritis.

mmlxxi. **Stinking Swallowwort** (*Pergularia daemia, Pergularia extensa*): reported to potentially help arthritis.

mmlxxii. **Stock Gillyflower** (*Matthiola graeca*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and obesity.

mmlxxiii. **Stone Root** (*Collinsonia canadensis*): reported to potentially help inflammation, anxiety, pain, and arthritis.

mmlxxiv. **Strachey's Elephant Ear** (*Bergenia stracheyi*): reported to potentially help arthritis, inflammation, obesity, and rheumatoid arthritis.

mmlxxv. **Strawberry** (*Fragaria ananassa*): reported to potentially help inflammation, circulation problems, osteoarthritis, arthritis.

mmlxxvi. **Streptococcinum**: reported to potentially help rheumatoid arthritis, inflammation, pain, mobility problems, and arthritis.

mmlxxvii. ***Streptococcus thermophilus***: reported to potentially help inflammation.

mmlxxviii. **Strontium**: reported to potentially help pain, osteoarthritis, and cartilage degeneration.

mmlxxix. **Strophanthus**: reported to potentially help rheumatoid arthritis, inflammation, pain, circulation problems, and arthritis.

mmlxxx. **Strychnine Tree** (*Strychnos nux-vomica*): reported to potentially help arthritis, anxiety, pain, circulation problems, rheumatoid arthritis, and inflammation.

mmlxxxi. **Subihere** (*Artanema sesamoides*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, inflammation, and pain.

mmlxxxii. **Succinic Acid** (Succinate, Succinum): reported to potentially help arthritis and pain.

mmlxxxiii. **Sugandh Mantri** (*Homalomena aromatica, Homalomena occulta*): reported to potentially help rheumatoid arthritis.

mmlxxxiv. **Sugar Apple** (*Annona squamosa*): reported to potentially help inflammation, rheumatoid arthritis, pain, arthritis, and pain.

mmlxxxv. **Sugarcane** (*Saccharum officinale*): reported to potentially help inflammation, arthritis, anxiety, rheumatoid arthritis, and pain.

mmlxxxvi. **Sugar of Milk** (*Saccharum lactis*): reported to potentially help inflammation, arthritis, pain, and osteoarthritis.

mmlxxxvii. **Sugar Pine** (*Pinus lambertiana*): reported to potentially help inflammation, arthritis, and osteoarthritis.

mmlxxxviii. **Sugilite**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, healing, and energy dispelment.

mmlxxxix. **Sulfapyridine**: reported to potentially help rheumatoid arthritis and inflammation.

mmxc. **Sulfasalazine**: reported to potentially help arthritis, inflammation, rheumatoid arthritis, pain, and mobility problems.

mmxci. **Sulfur** (Sulfur Dioxide): reported to potentially help osteoarthritis, muscle problems, pain, anxiety, arthritis, inflammation, and mobility problems.

mmxcii. **Sulphate of Copper** (Cuprum Sulphuricum): reported to potentially help pain and anxiety.

mmxciii. **Sulphite of Quinine** (China Sulphuricum): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmxciv. **Sundew** (*Drosera madagascariensis*): reported to potentially help inflammation, pain, and arthritis.

mmxcv. **Sunflower** (Sunflower Lecithin, *Helianthus annuus*): reported to potentially help inflammation, osteoarthritis, arthritis, anxiety, and circulation problems.

mmxcvi. **Sun Spurge** (*Euphorbia helioscopia*): reported to potentially help arthritis and inflammation.

mmxcvii. **Sunstone**: reported to potentially help anxiety, rheumatoid arthritis, pain, arthritis, cartilage regeneration, inflammation, pain, protection, healing, invoking the power of the sun, and spiritual guidance.

mmxcviii. **Surinam Yellow Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmxcix. **Swamp Milkweed** (*Asclepias incarnata*): reported to potentially help muscle problems, pain, rheumatoid arthritis, and arthritis.

mmc. **Swamp Sumac** (*Rhus venenata*): reported to potentially help arthritis, pain, muscle problems, and mobility problems.

mmci. **Swarthaak** (*Acacia mellifera*): reported to potentially help rheumatoid arthritis and pain.

mmcii. **Sweetbay** (*Magnolia virginiana*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mmciii. **Sweet Clover** (*Melilotus indicus, Melilotus parviflora*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, osteoarthritis, and pain.

mmciv. **Sweet Flag** (*Acorus calamus*): reported to potentially help arthritis, rheumatoid arthritis, muscle problems, inflammation, and pain.

mmcv. **Sweetgum** (*Liquidambar styraciflua*): reported to potentially help arthritis, rheumatoid arthritis and pain.

mmcvi. **Sweet Marjorum** (*Origanum majorana*): reported to potentially help arthritis, inflammation, osteoarthritis, pain, and mobility problems.

mmcvii. **Sweet Pea** (*Lathyrus odoratus*): reported to potentially help inflammation and arthritis.

mmcviii. **Sweet Potato** (*Ipomoea batatas*): reported to potentially help inflammation, rheumatoid arthritis, osteoarthritis, pain, and arthritis.

mmcix. **Sweet Vernal Grass** (*Anthoxanthum odoratum*): reported to potentially help pain, rheumatoid arthritis, and osteoarthritis.

mmcx. **Sweet Yellow Clover** (*Melilotus officinalis*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

mmcxi. **Swiss Chard** (*Beta vulgaris vulgaris vulgaris*): reported to potentially help circulation problems, inflammation, arthritis, and rheumatoid arthritis.

mmcxii. **Swordleaf Dogbane** (*Trachomitum venetum*): reported to potentially help arthritis, inflammation, and circulation problems.

mmcxiii. **Sydney Funnel-Web Spider** (*Atrax robustus*): reported to potentially help arthritis.

mmcxiv. **Sydney Red Gum** (*Angophora lanceolata*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmcxv. **Syphilinum** (Luesinum): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmcxvi. **Syringaresinol** (SYR): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mmcxvii. **Tabasco Pepper** (*Capsicum frutescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmcxviii. **Tabiche Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmcxix. **Tagetes** (*Tagetes minuta*): reported to potentially help rheumatoid arthritis, arthritis, muscle fatigue, and inflammation.

mmcxx. **Tamanu** (*Calophyllum inophyllum, Calophyllum apetalum*): reported to potentially help inflammation, arthritis, pain, osteoarthritis, rheumatoid arthritis, and muscle problems.

mmcxxi. **Tamarisk** (*Tamarix aphylla*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, and pain.

mmcxxii. **Tangerine** (*Citrus reticulata, Citrus tangerina*): reported to potentially help anxiety, inflammation, muscle problems, pain, arthritis, mobility problems, circulation problems, rheumatoid arthritis.

mmcxxiii. **Tannic Acid**: reported to potentially help inflammation, arthritis, pain, rheumatoid arthritis, and osteoarthritis.

mmcxxiv. **Tansy** (*Tanacetum vulgare*): reported to potentially help inflammation, pain, muscle problems, arthritis, muscle fatigue, rheumatoid arthritis, and tendonitis.

mmcxxv. **Tantalite**: reported to potentially help anxiety, arthritis, inflammation, circulation problems, and protection from negative energy.

mmcxxvi. **Tanzanite**: reported to potentially help anxiety, communication to spirit realm, joint problems, and enhance energy.

mmcxxvii. **Tarantula Fangs** (*Theraphosidae spp.*)

mmcxxviii. **Taro** (Dasheen, *Colocasia antiquorum esculenta*): reported to potentially help arthritis, obesity, circulation problems, rheumatoid arthritis, and inflammation.

mmcxxix. **Tarragon** (*Artemisia dracunculus*): reported to potentially help osteoarthritis, pain, arthritis, and rheumatoid arthritis.

mmcxxx. **Tart Cherry** (*Prunus cerasus*): reported to potentially help inflammation, osteoarthritis, arthritis, pain, and mobility problems.

mmcxxxi. **Tar Vine** (*Boerhavia diffusa*): reported to potentially help arthritis, rheumatoid arthritis, circulation problems, inflammation, and pain.

mmcxxxii. **Tatachinole** (*Tournefortia hartwegiana*): reported to potentially help pain and rheumatoid arthritis.

mmcxxxiii. **Tatarian Honeysuckle** (*Lonicera tatarica*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmcxxxiv. **Taurine**: reported to potentially help poor athletic performance, arthritis, inflammation, circulation problems, and rheumatoid arthritis.

mmcxxxv. **Tayuya** (*Cayaponia tayuya*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mmcxxxvi. **Teasel** (*Dipsacus asperoides, Dipsacus fullonum*): reported to potentially help arthritis, inflammation, and osteoarthritis.

mmcxxxvii. **Tea Tree** (*Melaleuca alternifolia*): reported to potentially help inflammation, pain, and arthritis.

mmcxxxviii. **Tellicherry Bark** (*Holarrhena antidysenterica*): reported to potentially help arthritis, pain, inflammation, and mobility problems.

mmcxxxix. **Tellurium**: reported to potentially help inflammation, anxiety, arthritis, circulation problems, and rheumatoid arthritis.

mmcxl. **Teonanácatl** (*Psilocybe mexicana*): reported to potentially help inflammation and anxiety.

mmcxli. **Tetradecanol**: reported to potentially help mobility problems, poor athletic performance, and muscle fatigue.

mmcxlii. **Thai Chile Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmcxliii. **Theacrine**: reported to potentially help inflammation, pain, arthritis, and rheumatoid arthritis.

mmcxliv. **Theanine** (L-Theanine): reported to potentially help anxiety, obesity, circulation problems, inflammation, rheumatoid arthritis, osteoarthritis, and pain.

mmcxlv. **Thenardite**: reported to potentially help anxiety.

mmcxlvi. **Theobromine**: reported to potentially help inflammation.

mmcxlvii. **Thorianite**: reported to potentially help anxiety.

mmcxlviii. **Thorite**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmcxlix. **Thorium**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmcl. **Thorn Apple** (*Datura alba, Datura stramonium*): reported to potentially help arthritis, pain, and inflammation.

mmcli. **Thorny Bone Apple** (*Randia dumetorum*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mmclii. **Threadstem Carpetweed** (*Mollugo cerviana*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmcliii. **Three Leaf Derris** (*Derris uliginosa*): reported to potentially help arthritis and osteoarthritis.

mmcliv. **Threonine** (L-Threonine): reported to potentially help osteoarthritis, inflammation, rheumatoid arthritis, and arthritis.

mmclv. **Thumbai** (*Leucas aspera*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmclvi. **Thunder God Vine** (*Tripterygium wilfordii*): reported to potentially help pain, inflammation, and rheumatoid arthritis.

mmclvii. **Thyme** (*Thymus vulgaris*): reported to potentially help pain, anxiety, circulation problems, inflammation, rheumatoid arthritis, and arthritis.

mmclviii. **Thymol**: reported to potentially help rheumatoid arthritis, arthritis, and inflammation.

mmclix. **Thyroidinum** (Dried Thyroid Gland of *Ovis aries*): reported to potentially help rheumatoid arthritis, muscle weakness, obesity, arthritis, muscle problems, and pain.

mmclx. **Tianjin Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmclxi. **Tiger Bone** (*Panthera tigris*): reported to potentially help muscle problems, pain, circulation problems, arthritis, and inflammation.

mmclxii. **Tiger Bone Wine** (*Panthera tigris*): reported to potentially help muscle problems, pain, circulation problems, arthritis, and inflammation.

mmclxiii. **Tiger Lily** (*Lilium tigrinum*): reported to potentially help rheumatoid arthritis, arthritis, pain, and muscle problems.

mmclxiv. **Tiger's Eye**: reported to potentially help anxiety, circulation problems, rheumatoid arthritis, arthritis, pain, protection, enhance psychic ability, and protection in battle.

mmclxv. **Tin-117m**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxvi. **Erbium-169**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxvii. **Rheunium-90**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxviii. **Phosphorus-32**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxix. **Holmium-166**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxx. **Yttrium-90**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxxi. **Ting Kung Teng** (*Erycibe henryi*): reported to potentially help rheumatoid arthritis.

mmclxxii. **Lutetium-177**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxxiii. **Tlachichinole** (*Kohleria deppeana*): reported to potentially help inflammation and pain.

mmclxxiv. **Tlatlancuaya** (*Irisine celosia*): reported to potentially help inflammation and osteoarthritis.

mmclxxv. **Tobacco** (*Nicotiana tabacum*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mmclxxvi. **Tobaco Coyote** (*Nicotiana glauca*): reported to potentially help arthritis and pain.

mmclxxvii. **Todolactol A** (TOD): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mmclxxviii. **Toloache** (*Datura stramonium*): reported to potentially help pain and rheumatoid arthritis.

mmclxxix. **Tolu Balsam** (*Balsamum tolutanum*): reported to potentially help arthritis.

mmclxxx. **Tomato** (*Solanum lycopersicum*): reported to potentially help inflammation, pain, arthritis, obesity, and rheumatoid arthritis.

mmclxxxi. **Tongkat Ali** (Long Jack, LJ-100, *Eurycoma longifolia*): reported to potentially help poor athletic performance, obesity, inflammation, arthritis, rheumatoid arthritis, circulation problems, and osteoarthritis.

mmclxxxii. **Tonka Bean** (*Dipteryx odorata*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mmclxxxiii. **Toothache Plant** (*Spilanthes acmella*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmclxxxiv. **Toothbrush Tree** (*Salvadora persica*): reported to potentially help rheumatoid arthritis and pain.

mmclxxxv. **Topaz**: reported to potentially help anxiety.

mmclxxxvi. **Torbernite**: reported to potentially help arthritis, pain, osteoarthritis, and inflammation.

mmclxxxvii. **Tourmaline**: reported to potentially help anxiety, arthritis, pain, osteoarthritis, and healing.

mmclxxxviii. **Trans-Resveratrol**: reported to potentially help inflammation and rheumatoid arthritis.

mmclxxxix. **Tree Cotton** (*Gossypium arboreum*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmcxc. **Tree Marigold** (*Tithonia diversifolia*): reported to potentially help rheumatoid arthritis, inflammation, and pain.

mmcxci. **Tree of Heaven** (*Ailanthus excelsa*): reported to potentially help arthritis, anxiety, circulation problems, and inflammation.

mmcxcii. **Trellis Vine** (*Daemia extensa*): reported to potentially help arthritis.

mmcxciii. **Trembling Aspen** (*Populus tremuloides*): reported to potentially help arthritis, mobility problems, inflammation, pain, rheumatoid arthritis, and anxiety.

mmcxciv. **Triethanolamine**: reported to potentially help arthritis, pain, inflammation, and muscle problems.

mmcxcv. **Trimethylglycine** (TMG, Betaine): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and osteoarthritis.

mmcxcvi. **Trinidad Perfume Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmcxcvii. **Trinidad Scorpion Pepper** (*Capsicum chinense*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmcxcviii. **Tronador** (*Kalanchoe pinnata*): reported to potentially help inflammation, arthritis, pain, and circulation problems.

mmcxcix. **True Indigo** (*Indigo tinctoria*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mmcc. **True Lover's Knot** (*Paris quadrifolia*): reported to potentially help rheumatoid arthritis, pain, and arthritis.

mmcci. **True Soul**: reported to potentially help anxiety, arthritis, and pain.

mmccii. **Trypsin** (Chymotrypsin): reported to potentially help osteoarthritis, arthritis, and inflammation.

mmcciii. **Tryptophan** (L-Tryptophan, 5-hydroxytryptophan): reported to potentially help pain, anxiety, poor athletic performance, arthritis, and rheumatoid arthritis.

mmcciv. **Tsuga** (*Tsuga canadensis*): reported to potentially help rheumatoid arthritis, osteoarthritis, inflammation, circulation problems, arthritis, and pain.

mmccv. **Tsuzurafuji** (*Sinomenium acutum*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mmccvi. **Tubeflower** (*Clerodendrum indicum*): reported to potentially help inflammation, circulation problems, and joint problems.

mmccvii. **Tuberculinum Bovini Derivatum** (*Tuberculinum bovinum*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mmccviii. **Tucuma** (*Astrocaryum aculeatum, Astrocaryum vulgare, Astrocaryum tucuma*): reported to potentially help inflammation, arthritis, pain, and rheumatoid arthritis.

mmccix. **Tumbleweed** (*Amaranthus albus*): reported to potentially help rheumatoid arthritis and pain.

mmccx. **Tunellite**: reported to potentially help inflammation and anxiety.

mmccxi. **Turkish Warty Cabbage** (*Bunias oreientalis*): reported to potentially help arthritis, rheumatoid arthritis, circulation problems, and pain.

mmccxii. **Turk's Turban** (*Clerodendrum indicum*): reported to potentially help rheumatoid arthritis.

mmccxiii. **Turmeric** (Temu Giring, P54FP, *Curcuma longa, Curcuma heyneana*): reported to potentially help inflammation, arthritis, and muscle problems.

mmccxiv. **Turnip** (*Brassica rapa rapa*): reported to potentially help rheumatoid arthritis and arthritis.

mmccxv. **Turpeth** (*Ipomoea turpethum*): reported to potentially help arthritis, obesity, inflammation, pain, and osteoarthritis.

mmccxvi. **Turquoise**: reported to potentially help anxiety, cell regeneration, healing, rheumatoid arthritis, arthritis, inflammation, pain, muscle problems, and protection against pollution.

mmccxvii. **Tuvaraka** (*Hydnocarpus laurifolia*): reported to potentially help pain and rheumatoid arthritis.

mmccxviii. **Twisted Knotweed** (*Aconogonon tortuosum*): reported to potentially help pain, arthritis, inflammation, and osteoarthritis.

mmccxix. **Tyrosine** (L-Tyrosine): reported to potentially help osteoarthritis, inflammation, rheumatoid arthritis, and arthritis.

mmccxx. **Uar Ames** (*Farsetia jacquemontii*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmccxxi. **Ucuuba** (*Myristica sebifera*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mmccxxii. **Ullmannite**: reported to potentially help anxiety, inflammation, and retention of knowledge.

mmccxxiii. **Unakite**: reported to potentially help anxiety, healing, and conjuring visions.

mmccxxiv. **Undenatured Type II Collagen** (UC-II, Glycosylated Undenaturated Type-II Collagen, Hydrolyzed Collagen): reported to potentially help cartilage problems, joint problems, tendon problems, pain, and mobility problems.

mmccxxv. **Unpasteurized Canine Milk** (*Canis lupus familiaris*): reported to potentially help arthritis, pain, inflammation, and mobility problems.

mmccxxvi. **Unpasteurized Cow Milk** (*Bos taurus, Bos indicus*): reported to potentially help circulation problems, arthritis, inflammation, pain, and rheumatoid arthritis.

mmccxxvii. **Unpasteurized Goat Milk** (*Capra aegagrus hircus*): reported to potentially help arthritis, inflammation, circulation problems, and pain.

mmccxxviii. **Upas Tree** (*Antiaris toxicaria*): reported to potentially help arthritis, pain, and muscle problems.

mmccxxix. **Uraninite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, osteoarthritis, inflammation, bursitis, and pain.

mmccxxx. **Uranium**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, inflammation, osteoarthritis, bursitis, and pain.

mmccxxxi. **Uranophane**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, osteoarthritis, inflammation, bursitis, and pain.

mmccxxxii. **Uvarovite**: reported to potentially help anxiety, inflammation, rheumatoid arthritis, arthritis, pain, and tissue regeneration.

mmccxxxiii. **Valerian** (*Valeriana officinalis*): reported to potentially help pain, inflammation, muscle problems, rheumatoid arthritis, muscle fatigue, arthritis, and anxiety.

mmccxxxiv. **Valerianate of Zinc** (Zincum Valerianum): reported to potentially help pain.

mmccxxxv. **Valine** (Branch Chain Amino Acid, BCAA, L-Valine): reported to potentially help muscle fatigue, muscle degeneration, and metabolic dysfunction.

mmccxxxvi. **Valli-Kanjiram** (*Strychnos bourdillonii, Strychnos cinnamomifolia*): reported to potentially help arthritis.

mmccxxxvii. **Vanadium**: reported to potentially help circulation problems, rheumatoid arthritis, and inflammation.

mmccxxxviii. **Vanda Orchid** (*Vanda roxburghii, Vanda tessellata*): reported to potentially help arthritis, inflammation, pain, and mobility problems.

mmccxxxix. **Vanilla** (*Vanilla planifolia*): reported to potentially help rheumatoid arthritis, arthritis, and inflammation.

mmccxl. **Variscite**: reported to potentially help anxiety, muscle problems, circulation problems, mapping ley lines, and connecting earth energies.

mmccxli. **Vegetable Hummingbird** (*Sesbania grandiflora*): reported to potentially help arthritis, inflammation, and pain.

mmccxlii. **Veldt Grape** (*Cissus quadrangularis*): reported to potentially help arthritis, pain, mobility problems, inflammation, and obesity.

mmccxliii. **Velvet Bean** (*Mucuna pruriens*): reported to potentially help anxiety, inflammation, and arthritis.

mmccxliv. **Velvet Leaf** (*Pareira brava*): reported to potentially help pain, inflammation, and rheumatoid arthritis.

mmccxlv. **Verdelite**: reported to potentially help anxiety, muscle weakness, vitality, vision stimulation, connection to nature, and healing.

mmccxlvi. **Verdite**: reported to potentially help anxiety, pain, oxygenation, and circulation problems.

mmccxlvii. **Vervain** (Blue Vervain, *Verbena hastata, Verbena spp.*): reported to potentially help pain, anxiety, and inflammation.

mmccxlviii. **Vetiver** (*Vetiveria zizanioides*): reported to potentially help anxiety, pain, muscle problems, arthritis, inflammation, and rheumatoid arthritis.

mmccxlix. **Violet Willow** (*Salix daphnoides*): reported to potentially help arthritis, pain, rheumatoid arthritis, osteoarthritis, inflammation, and muscle problems.

mmccl. **Vireya Rhododendron** (*Rhododendron javanicum*): reported to potentially help arthritis.

mmccli. **Virginia Snakeroot** (*Aristolochia serpentaria*): reported to potentially help pain, circulation problems, muscle problems, arthritis, and bursitis.

mmcclii. **Virginia Stonecrop** (*Penthorum sedoides*): reported to potentially help rheumatoid arthritis.

mmccliii. **Virginia Waterleaf** (*Hydrophyllum virginianum*): reported to potentially help rheumatoid arthritis, arthritis, and muscle weakness.

mmccliv. **Virgin's Mantle** (*Fagonia cretica*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mmcclv. **Vitamin A** (Palmitate, Acetate): reported to potentially help inflammation and arthritis.

mmcclvi. **Vitamin B1** (Thiamine Mononitrate, Thiamin, Thiamin HCl): reported to potentially help muscle problems.

mmcclvii. **Vitamin B12** (Cyanocobalamin, Methylcobalamin, Cobalamin): reported to potentially help cellular degeneration, osteoarthritis, rheumatoid arthritis, arthritis, pain, muscle fatigue, and weakness.

mmcclviii. **Vitamin B17** (Laetrile, Purasin, Nitriloside, Amygdalin): reported to potentially help circulation problems, inflammation, pain, and arthritis.

mmcclix. **Vitamin B2** (Riboflavin): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmcclx. **Vitamin B3** (Niacin): reported to potentially help inflammation and arthritis.

mmcclxi. **Vitamin B5** (Pantothenic Acid, Calcium D-Pantothenate): reported to potentially help rheumatoid arthritis and osteoarthritis.

mmcclxii. **Vitamin B6** (Pyridoxine Hydrochloride): reported to potentially help arthritis, osteoarthritis, and inflammation.

mmcclxiii. **Vitamin B7** (Biotin): reported to potentially help cell degeneration and metabolic dysfunction.

mmcclxiv. **Vitamin B9** (Folic Acid, Folate): reported to potentially help cellular degeneration.

mmcclxv. **Vitamin C** (Calcium Ascorbate, Ascorbic Acid): reported to potentially help muscle problems and arthritis.

mmcclxvi. **Vitamin D3** (Cholecalciferol): reported to potentially help pain, inflammation, and arthritis.

mmcclxvii. **Vitamin E** (Alpha Tocopherol, D-alpha Tocopheryl Acetate, Tocopherol): reported to potentially help inflammation, osteoarthritis, rheumatoid arthritis, arthritis, and cartilage degeneration.

mmcclxviii. **Vitamin K1** (Phytonadione): reported to potentially help arthritis, cell degeneration, and inflammation.

mmcclxix. **Vitamin K2**: reported to potentially help arthritis and inflammation.

mmcclxx. **Vitex** (Nirgundi, *Vitex agnus castus*): reported to potentially help arthritis, inflammation, and pain.

mmcclxxi. **Vivianite**: reported to potentially help anxiety, healing, and protection of the auric field.

mmcclxxii. **Volcanic Ash**: reported to potentially help anxiety and inflammation.

mmcclxxiii. **Vomiting Swallow-Wort** (*Tylophora asthmatica*): reported to potentially help arthritis and rheumatoid arthritis.

mmcclxxiv. **Vrba** (*Salix viminalis*): reported to potentially help rheumatoid arthritis, pain, and inflammation.

mmcclxxv. **Wadeite**: reported to potentially help anxiety, muscle problems, strength, protection, and levitation.

mmcclxxvi. **Waginos** (*Brucea antidysenterica*): reported to potentially help inflammation.

mmcclxxvii. **Waiti** (*Strobilanthus ixiocephala*): reported to potentially help inflammation and arthritis.

mmcclxxviii. **Wakame** (*Undaria pinnatifida*): reported to potentially help circulation problems, obesity, arthritis, rheumatoid arthritis, osteoarthritis, pain, inflammation, and mobility problems.

mmcclxxix. **Wak Ponkon** (*Crinum pedunculatum*): reported to potentially help arthritis.

mmcclxxx. **Wallaba** (*Eperua falcata*): reported to potentially help rheumatoid arthritis and pain.

mmcclxxxi. **Wallich Geranium** (*Geranium wallichianum*): reported to potentially help arthritis and inflammation.

mmcclxxxii. **Wall Lettuce** (*Lactuca muralis*): reported to potentially help circulation problems, arthritis, inflammation, pain, and rheumatoid arthritis.

mmcclxxxiii. **Walnut** (Black Walnut, *Juglans spp.*): reported to potentially help circulation problems, arthritis, inflammation, rheumatoid arthritis, and pain.

mmcclxxxiv. **Warty Marble Tree** (*Elaeocarpus tuberculatus*): reported to potentially help arthritis and circulation problems.

mmcclxxxv. **Wasabi** (*Eutrema japonicum, Wasabia japonica, Cochlearia wasabi*): reported to potentially help arthritis, inflammation, pain, muscle problems, and circulation problems.

mmcclxxxvi. **Wasp Nest** (*Vespula germanica*): reported to potentially help arthritis.

mmcclxxxvii. **Water Avens** (*Geum rivale*): reported to potentially help osteoarthritis.

mmcclxxxviii. **Watercress** (*Nasturtium officinale*): reported to potentially help inflammation, rheumatoid arthritis, and arthritis.

mmcclxxxix. **Water Dragon** (*Saururus cernuus*): reported to potentially help arthritis and rheumatoid arthritis.

mmccxc. **Water Hyssop** (*Bacopa monnieri*): reported to potentially help arthritis, inflammation, mobility problems, osteoarthritis, and rheumatoid arthritis.

mmccxci. **Water Lettuce** (*Pistia stratiotes*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mmccxcii. **Watermelon** (*Citrullus vulgaris*): reported to potentially help inflammation, rheumatoid arthritis, and arthritis.

mmccxciii. **Water Willow** (*Justicia procumbens, Gendarussa vulgaris*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmccxciv. **Wax Myrtle** (*Myrica cerifera*): reported to potentially help arthritis and rheumatoid arthritis.

mmccxcv. **Wax Plant** (*Hoya carnosa, Hoya fungi, Hoya griffithii, Hoya kerrii, Hoya lyi, Hoya pandurata, Hoya villosa*): reported to potentially help rheumatoid arthritis and inflammation.

mmccxcvi. **Webb's Rose** (*Rosa webbiana*): reported to potentially help pain, osteoarthritis, rheumatoid arthritis, inflammation, and arthritis.

mmccxcvii. **Weeksite**: reported to potentially help anxiety, arthritis, rheumatoid arthritis, osteoarthritis, inflammation, bursitis, and pain.

mmccxcviii. **Weeping Fig** (*Ficus benjamina*): reported to potentially help arthritis.

mmccxcix. **Weeping Paperbark** (*Melaleuca leucadendron*): reported to potentially help arthritis, rheumatoid arthritis, muscle problems, and pain.

mmccc. **Wei Ling Xian** (*Clematis chinensis*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, inflammation, and pain.

mmccci. **Western Honey Bee** (*Apis mellifica*): reported to potentially help rheumatoid arthritis, inflammation, pain, arthritis, and mobility problems.

mmcccii. **Western Red Cedar** (*Thuja plicata*): reported to potentially help pain, rheumatoid arthritis, and inflammation.

mmccciii. **West Himalayan Fir** (*Abies pindrow*): reported to potentially help osteoarthritis and arthritis.

mmccciv. **West Himalayan Skimmia** (*Skimmia laureola*): reported to potentially help arthritis and inflammation.

mmcccv. **West Indian Pea Tree** (*Sesbania grandiflora*): reported to potentially help inflammation, joint problems, and circulation problems.

mmcccvi. **West Indian Pinkroot** (*Spigelia anthelmintica*): reported to potentially help pain, circulation problems, and arthritis.

mmcccvii. **Whale** (*Cetacea spp.*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mmcccviii. **Wheat** (*Triticum spp.*): reported to potentially help inflammation.

mmcccix. **Wheat Germ** (Avemar, *Triticum vulgare*): reported to potentially help inflammation, rheumatoid arthritis, and arthritis.

mmccccx. **Wheatgrass** (*Thinopyrum intermedium*): reported to potentially help rheumatoid arthritis, osteoarthritis, and circulation problems.

mmcccxi. **Whey** (Whey Protein Concentrate, Whey Protein hydrolysate, Whey Protein Isolate): reported to potentially help muscle degeneration, inflammation, circulation problems, rheumatoid arthritis, and arthritis.

mmcccxii. **White Agaric** (*Boletus laricis, Polyporus officinalis*): reported to potentially help rheumatoid arthritis.

mmcccxiii. **White Ash** (*Fraxinus americana*): reported to potentially help arthritis, osteoarthritis, rheumatoid arthritis, and pain.

mmcccxiv. **White Cedar** (*Dysoxylum malabaricum*): reported to potentially help arthritis, circulation problems, pain, and inflammation.

mmcccxv. **White Cheesewood** (*Alstonia scholaris*): reported to potentially help arthritis, inflammation, anxiety, rheumatoid arthritis, and pain.

mmcccxvi. **White Chestnut** (*Aesculus hippocastanum*): reported to potentially help rheumatoid arthritis, pain, circulation problems, and inflammation.

mmcccxvii. **White Clover** (*Trifolium repens*): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmcccxviii. **White Cross Berry** (*Grewia tenax*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mmcccxix. **White Cypress** (*Callitris glaucophylla*): reported to potentially help pain, arthritis, inflammation, anxiety, muscle problems, bursitis, obesity, and circulation problems.

mmcccxx. **White Dammar** (*Vateria indica*): reported to potentially help arthritis, inflammation, and pain.

mmcccxxi. **White Deadnettle** (*Lamium album*): reported to potentially help inflammation and anxiety.

mmcccxxii. **White Fig** (*Ficus maxima*): reported to potentially help rheumatoid arthritis, arthritis, inflammation, and pain.

mmcccxxiii. **White Fumitory** (*Fumaria capreolata*): reported to potentially help inflammation, arthritis, pain, and rheumatoid arthritis.

mmcccxxiv. **White Gul Mohur** (*Delonix elata, Poinciana elata*): reported to potentially help arthritis, inflammation, and pain.

mmcccxxv. **White Milkwood** (*Tabernaemontana albiflora, Tabernaemontana siphilitica*): reported to potentially help rheumatoid arthritis and pain.

mmcccxxvi. **White Mulberry** (*Morus alba*): reported to potentially help pain, muscle problems, arthritis, circulation problems, osteoarthritis, inflammation, and rheumatoid arthritis.

mmcccxxvii. **White Mustard** (*Sinapis alba*): reported to potentially help arthritis, pain, osteoarthritis, rheumatoid arthritis, and circulation problems.

mmcccxxviii. **White Oak Bark** (*Quercus alba*): reported to potentially help pain and arthritis.

mmcccxxix. **White Root** (*Lobelia purpurascens*): reported to potentially help anxiety, inflammation, arthritis, rheumatoid arthritis, and osteoarthritis.

mmcccxxx. **White Rose of York** (*Rosa alba*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mmcccxxxi. **White Sage** (*Salvia apiana*): reported to potentially help pain, inflammation, and anxiety.

mmcccxxxii. **White Spruce** (*Picea alba*): reported to potentially help inflammation, arthritis, rheumatoid arthritis, pain, and osteoarthritis.

mmcccxxxiii. **White Tea** (*Camellia sinensis*): reported to potentially help rheumatoid arthritis.

mmcccxxxiv. **White Turmeric** (*Curcuma zedoaria*): reported to potentially help arthritis, pain, inflammation, mobility problems, rheumatoid arthritis, bursitis, and osteoarthritis.

mmcccxxxv. **White Turtlehead** (*Chelone glabra*): reported to potentially help rheumatoid arthritis.

mmcccxxxvi. **White Vitriol** (Zincum Sulphuricum): reported to potentially help anxiety and pain.

mmcccxxxvii. **White Water Buttercup** (*Ranunculus trichophyllus*): reported to potentially help arthritis.

mmcccxxxviii. **White Willow Bark** (*Salix alba*): reported to potentially help inflammation, pain, and arthritis.

mmcccxxxix. **White Wood Tree** (*Canella alba*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mmcccxl. **Whole Egg** (*Gallus gallus domesticus*): reported to potentially help muscle problems, cell degeneration, and metabolic dysfunction.

mmcccxli. **Wild Indigo** (*Baptisia australis, Baptisia tinctoria*): reported to potentially help arthritis, pain, and muscle problems.

mmcccxlii. **Wild Pansy** (*Viola tricolor*): reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mmcccxliii. **Wild Yam** (*Dioscorea opposita*): reported to potentially help arthritis and pain.

mmcccxliv. **Willow Leaf Justicia** (*Justicia gendarussa*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

mmcccxlv. **Willow Leaved Shepherds Tree** (*Boscia salicifolia*): reported to potentially help rheumatoid arthritis and pain.

mmcccxlvi. **Wingleaf Soapberry** (*Sapindus saponaria*): reported to potentially help arthritis, rheumatoid arthritis, pain, and inflammation.

mmcccxlvii. **Winter Begonia** (*Bergenia ciliata*): reported to potentially help inflammation, arthritis, and rheumatoid arthritis.

mmcccxlviii. **Winter Cherry** (*Withania somnifera*): reported to potentially help inflammation.

mmcccxlix. **Winter Daphne** (*Daphne indica*): reported to potentially help arthritis, pain, muscle problems, and rheumatoid arthritis.

mmcccl. **Wintergreen** (*Gaultheria procumbens, Gaultheria fragrantissima*): reported to potentially help pain, muscle problems, inflammation, osteoarthritis, rheumatoid arthritis, and arthritis.

mmcccli. **Winter Melon** (Wax Gourd, *Benincasa hispida*): reported to potentially help arthritis, circulation problems, and pain.

mmccclii. **Winter Wild Oat** (*Avena sterilis*): reported to potentially help rheumatoid arthritis and pain.

mmcccliii. **Wireweed** (*Sida acuta*): reported to potentially help arthritis and pain.

mmccCliv. **Wiri Wiri Pepper** (*Capsicum frutescens*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmccclv. **Witchgrass** (*Agropyron repens*): reported to potentially help arthritis, rheumatoid arthritis, circulation problems, inflammation, and osteoarthritis.

mmccclvi. **Witch Hazel** (*Hamamelis spp.*): reported to potentially help inflammation.

mmccclvii. **Witch's Grass** (*Panicum capillare*): reported to potentially help inflammation and obesity.

mmccclviii. **Wolframite**: reported to potentially help anxiety, mobility problems, and premonitions.

mmccclix. **Wood Apple** (*Limonia acidissima*): reported to potentially help arthritis, rheumatoid arthritis, and inflammation.

mmccclx. **Woodbine** (*Lonicera periclymenum*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and pain.

mmccclxi. **Woodland Strawberry** (*Fragaria vesca*): reported to potentially help arthritis, anxiety, osteoarthritis, circulation problems, and inflammation.

mmccclxii. **Wood Sage** (*Teucrium scorodonia*): reported to potentially help arthritis, rheumatoid arthritis, and pain.

mmccclxiii. **Wood Violet** (*Viola odorata*): reported to potentially help inflammation, anxiety, pain, circulation problems, obesity, arthritis, and rheumatoid arthritis.

mmccclxiv. **Wooly Locoweed** (*Astragalus mollissimus, Aragallus lamberti*): reported to potentially help arthritis, rheumatoid arthritis, osteoarthritis, inflammation, and circulation problems.

mmccclxv. **Worm Killer** (*Aristolochia bracteata, Aristolochia kaempferi, Aristolochia recurvilabra*): reported to potentially help arthritis, pain, rheumatoid arthritis, obesity, and osteoarthritis.

mmccclxvi. **Wormseed** (*Chenopodium anthelminticum*): reported to potentially help arthritis, pain, and rheumatoid arthritis.

mmccclxvii. **Wormwood** (*Artemisia absinthium, Artemisia annua*): reported to potentially help arthritis, muscle problems, mobility problems, pain, anxiety, osteoarthritis, and rheumatoid arthritis.

mmccclxviii. **Wujia** (*Acanthopanax chiisanensis*): reported to potentially help arthritis, inflammation, and pain.

mmccclxix. **Yánrin-oko** (*Lactuca capensis*): reported to potentially help rheumatoid arthritis and pain.

mmccclxx. **Yarrow** (*Achillea millefolium*): reported to potentially help arthritis, osteoarthritis, inflammation, rheumatoid arthritis, pain, and muscle problems.

mmccclxxi. **Yatsufusa Pepper** (*Capsicum annuum*): reported to potentially help circulation problems, inflammation, pain, obesity, arthritis, rheumatoid arthritis, and cartilage degeneration.

mmccclxxii. **Yaupon Holly** (*Ilex vomitoria*): reported to potentially help inflammation, arthritis, and pain.

mmccclxxiii. **Yautia Madera** (*Montrichardia arborescens*): reported to potentially help rheumatoid arthritis and pain.

mmccclxxiv. **Yeast** (*Torula corallina*): reported to potentially help arthritis, pain, rheumatoid arthritis, and inflammation.

mmccclxxv. **Yellow Aventurine**: reported to potentially help anxiety, inflammation, muscle problems, circulation problems, pain, and protection from electromagnetic pollution.

mmccclxxvi. **Yellow Bell Orchid** (*Bauhinia tomentosa*): reported to potentially help arthritis and inflammation.

mmccclxxvii. **Yellow Berried Nightshade** (*Solanum xanthocarpum*): reported to potentially help arthritis, osteoarthritis, pain, inflammation, and rheumatoid arthritis.

mmccclxxviii. **Yellow Crown-Head** (*Sigesbeckia orientalis*): reported to potentially help arthritis, circulation problems, rheumatoid arthritis, pain, and muscle weakness.

mmccclxxix. **Yellow Dock** (*Rumex crispus*): reported to potentially help inflammation.

mmccclxxx. **Yellow Himalayan Fritillary** (*Fritillaria roylei*): reported to potentially help inflammation, rheumatoid arthritis, pain, and arthritis.

mmccclxxxi. **Yellow Horned Poppy** (*Glaucium flavum*): reported to potentially help rheumatoid arthritis and arthritis.

mmccclxxxii. **Yellow Jasmine** (*Gelsemium sempervirens*): reported to potentially help arthritis, anxiety, pain, and inflammation.

mmccclxxxiii. **Yellow Jessamine** (*Gelsemium nitidum*): reported to potentially help arthritis and pain.

mmccclxxxiv. **Yellow Myrobalan** (*Terminalia citrina*): reported to potentially help arthritis, pain, inflammation, and osteoarthritis.

mmccclxxxv. **Yellow Oleander** (*Cascabela thevetia, Thevetia neriifolia*): reported to potentially help pain, arthritis, and rheumatoid arthritis.

mmccclxxxvi. **Yellow Plumed Thistle** (*Picnomon arcana*): reported to potentially help rheumatoid arthritis and pain.

mmccclxxxvii. **Yellow Root** (*Xanthorrhiza apiifolia*): reported to potentially help inflammation, circulation problems, and anxiety.

mmccclxxxviii. **Yellow Snow Rose** (*Rhododendron chrysanthum*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, and pain.

mmccclxxxix. **Yellow Toadflax** (*Linaria vulgaris*): reported to potentially help inflammation and arthritis.

mmcccxc. **Yellow Trumpet Tree** (*Tabebuia serratifolia*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mmcccxci. **Yerba Buena** (*Micromeria douglasii*): reported to potentially help arthritis and pain.

mmcccxcii. **Yerba de Plata** (*Rolandra fruticosa*): reported to potentially help rheumatoid arthritis, arthritis, and pain.

mmcccxciii. **Yerba Mansa** (*Anemopsis californica*): reported to potentially help rheumatoid arthritis, pain, and blood purification.

mmcccxciv. **Yerba Mate** (*Ilex paraguariensis*): reported to potentially help arthritis, rheumatoid arthritis, inflammation, obesity, muscle fatigue, and pain.

mmcccxcv. **Yerba Santa** (*Eriodictyon californicum*): reported to potentially help inflammation and muscle problems

mmcccxcvi. **Yew** (*Taxus baccata*): reported to potentially help arthritis and rheumatoid arthritis.

mmcccxcvii. **Ylang-Ylang** (*Cananga odorata*): reported to potentially help anxiety, inflammation, pain, arthritis, and rheumatoid arthritis.

mmcccxcviii. **Yogurt** (*Bos taurus, Bos indicus, Capra spp.*): reported to potentially help arthritis, inflammation, pain, osteoarthritis, and rheumatoid arthritis.

mmcccxcix. **Yohimbe** (*Pausinystalia johimbe*): reported to potentially help obesity, inflammation, pain, anxiety, and circulation problems.

mmcd. **Yohimbine** (Yohimbine HCL): reported to potentially help arthritis, inflammation, and rheumatoid arthritis.

mmcdi. **Yuzu** (*Citrus junos*): reported to potentially help arthritis, pain, inflammation, rheumatoid arthritis, circulation problems, and muscle problems.

mmcdii. **Zanthpodocarpin**: reported to potentially help arthritis, inflammation, pain, and rheumatoid arthritis.

mmcdiii. **Zapote** (*Cordia nodosa*): reported to potentially help rheumatoid arthritis and pain.

mmcdiv. **Zdravetz** (*Geranium macrorrhizum*): reported to potentially help anxiety, arthritis, muscle problems, and circulation problems.

mmcdv. **Zeaxanthin**: reported to potentially help circulation problems, arthritis, inflammation, and rheumatoid arthritis.

mmcdvi. **Zebra Jasper**: reported to potentially help anxiety, pain, muscle problems, endurance, and physical energy.

mmcdvii. **Zinc** (Zinc Chelate, Zinc Sulfate, Zinc mono-L-methionine sulfate, Zinc Gluconate, Zincum Metallicum, Zinc Proteinate, Zinc Iodide, Zinc Iodatum, Zinc Oxide,

Zincum Oxydatum, Zinc Picrate, Zincum Pircricum): reported to potentially help arthritis, rheumatoid arthritis, inflammation, muscle problems, muscle degeneration, anxiety, pain, and cartilage problems.

mmcdviii. **Zinc and Magnesium** (ZMA): reported to potentially help muscle problems, cartilage problems, arthritis, and inflammation.

mmcdix. **Arsenate of Zinc** (Zincum Arsenicosum): reported to potentially help weakness and muscle problems.

mmcdx. **Zircon**: reported to potentially help anxiety, muscle problems, and muscle regeneration.

mmcdxi. **Zoisite**: reported to potentially help anxiety, inflammation, circulation problems, and connecting with spirits.

mmcdxii. **Zucchini** (*Cucurbita pepo*): reported to potentially help rheumatoid arthritis, inflammation, arthritis, osteoarthritis, and pain.

mmcdxiii. **Zumbani** (*Lippia javanica*): reported to potentially help arthritis, inflammation, rheumatoid arthritis, and anxiety.

I look forward to the day my Arthrocopea becomes obsolete. The day we ascend as a species to incorporate our technology within ourselves permanently from birth to our immortal end. It marks one step closer to divinity. With the unimaginable scale of the universe, every human born up to now and to the end of the human race could live amongst the stars each having their own planet or solar system and still we would not come close to filling even that sparse capacity. And yet, humanity's mind may prove infinitely more vast. Our first step in our quest to control the known universe is to control our own planet, but to begin we must first control our own health. Not space travel, but medicine; the first frontier in our universal conquest. We must reach immortality in order to conquer the stars. Indeed, we can reach immortality, even today, with the use of our immortal technology. We will control every molecule in our fleshed bodies and all organisms we encounter, those yet to be conceived and those dead for millions or billions of years. We will control pain, inflammation, growth, and degeneration as monitored computerized values autoregulated by artificial intelligence each and every day. This is too much for our brains to calculate, but we have created faster brains than our own to compute these problems for us. Computers are the oracles of the past and future and they hold the key to humanity's quest to conquer our body, our planet, our universe, and immortality. We will derive energy not from food or water but pure energy from compact fusion, dark matter, or black hole reactors far from the light of any star. Once we have eliminated pain, disease, and grant ourselves unlimited energy and unlimited lifespan, we will indeed conquer the stars. Technology will not replace us. Because we are technology.

Warden of Science,

Highest is the dawn of my victory over those unholy demons of darkness. My torment has been outlasted and the valor of my resolve indeed paid. I am the Curator of this place; these ancient archaveous halls. I pass my key unto you. Hold true these teachings, which have raised my own foundation from that desolate plane. You will go far.

And with the telling of my final treatment that is euthanasia and the eternal peace that follows, so too is the end of this grand archive. I firmly believe the single greatest advancement in medicine has been overlooked for so long. If I am to be remembered, let it be my innovation in aiding these creatures in their time of death to feel less pain, fear, and loneliness than ever before.

For one day, I will join them in absolution.

Dr. Scott Pless, DVM

"The righteous regardeth the life of their beast, but the tender mercies of the wicked are cruel"
- Proverbs 12:10